

WEEKLY NEWS

Thursday, September 17, 2009

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CASH DILEMMA OVER SCHOOL FUTURES

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Enjoy a big cuppa and help save lives

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Memorial Hall plan wins loan approval

THE refurbishment of the Memorial Hall took "a definite step forward" when Newmarket Town Council confirmed it has won approval to apply for a £500,000 loan to help finance the project.

And members of the Memorial Hall Regeneration Committee were told the council could apply for a further £500,000 loan from the Public Works Board.

The renovation plan was costed at £1.3 million two years ago but that has now been revised downwards to £1.2 million – £200,000 more than the council might potentially secure in total Public Works Board loans.

At the committee meeting on Tuesday night councillors explored options for securing the remainder of the funding beyond the initial £500,000 loan – but the *Weekly News* was excluded from these discussions because of "third party confidentiality".

The council's original refurbishment plans for the High Street building were scuppered in 2008 when a bid for £500,000 from the Big Lottery Fund was turned down.

And in February this year Forest Heath District Council

BY JOHN DOWNING

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voted against granting £1 million to the town council towards the scheme.

Cllr Jonathan Richer, speaking as a member of the public at Tuesday's meeting, urged committee members to "think very carefully" before taking on a potential £1 million loan.

He said: "Forest Heath did not want to invest £1 million in this. Is this in Newmarket council taxpayers' interests? I would urge councillors to think before putting taxpayers in debt."

Plans for the hall, "inherited" from the district council in 1999, include moving the town council's offices downstairs to make them more accessible to the public.

After the meeting, Cllr Bill Burch, committee chairman, said: "We have just got approval to apply for the loan of £500,000. This is a definite step forward. We know we have got some money there."

"Hopefully we can apply for a further £500,000 to complete the project."

Asked about possible district council funding, he said: "The last time we approached they refused."

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Top fun: Sam Darkins, 5, has a laugh with clown Dr Christobell Misschief during an open day at the Palace House Stables in Newmarket. Full story on Page 3.

Picture: Richard Patterson 593940

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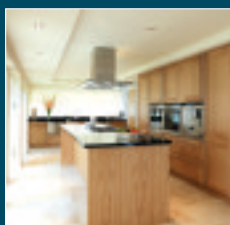
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e-edition emailed
to you each weekTributes paid
after student's
sudden death

TRIBUTES have been paid to a Soham schoolgirl who was found dead at her home.

Staff and students at Soham Village College were left shocked by the death of 14-year-old Celine Miller.

She was found dead at her home on Sunday, September 6, the day before she was due to start her first day of term studying GCSEs at the college.

A minute's silence was held during the school's assembly to remember Celine and specialist support was provided to comfort pupils affected by the news.

Celine's older sister, Cherelle, is in Year 11 at the college.

Dr Carin Taylor, principal, said Celine would be greatly missed by all at the school.

Dr Taylor said: "Staff and students at Soham Village College are shocked and saddened to hear the news of the death of Celine.

"We led a minute's silence in an assembly held at the school on its first day back to



Tragic: Celine Miller.

remember Celine, who was just about to embark upon her GCSE courses this year.

"Business studies and media studies were among her choices. Celine's attendance at school had always been excellent and she will be missed by all."

On social networking site Facebook, hundreds of friends have left comments on two sites set up in memory of the teenager.

A Cambridgeshire police spokesman confirmed that officers had been called to the family home on the Sunday. They added: "We are not treating this death as suspicious and it has now been passed on to the coroner."

Refurbishment 'will
encourage more use'

■ From Page 1

"We are now approaching it from a different direction – we know we can apply for a £1 million loan."

Mayor Cllr Jane Bailey said: "The plans are there, the costs are there.

"If we are going to refurbish this hall and use it as council offices we have to secure the loans and the funding to enable us to do that."

She said there was no other public building in Newmarket which

the council could use the way it uses the Memorial Hall, serving its own needs and those of the public.

She said its refurbishment would encourage greater public use, bringing in further revenue.

The hall was originally given to the town by Sir Ernest Cassel to commemorate King Edward VII.

It still bears the scars of the Second World War bombing of the High Street.

Worst council cash
crisis since the war

A "CRISIS" in public funding will create a £113 million black hole in Cambridgeshire County Council's finances.

Staff have been told jobs cannot be guaranteed while voters will be asked what they want council cash to be spent on in years to come.

Bosses at the council say it is the worst cash crisis "since the Second World War" and tough choices about services will have to be made.

The crisis stems from the huge amount of public debt incurred by the Government when it bailed out the banks.

Finance chiefs at the council are predicting it will be £113 million worse off in five years' time – that's a cut in spending power of 35 per cent.

And with people living longer and the county's population growing, councillors say they are going to

BY RACHEL EXTANCE

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have to "completely re-think" the way services are delivered.

Staff were told about the scale of the challenge on Monday as bosses began looking at how to solve the cash crisis.

Council bosses say they are looking for "innovative" and "creative" solutions but admitted the announcement was greeted with "nervousness" by staff.

Chief executive Mark Lloyd said he told workers: "As much as I wish I could guarantee that there will not be changes to the size and shape of the organisation, I can't. But throughout the process, I will act with respect, with fairness and equity. You can hold me to account."

No decisions have been made and council leader Cllr Jill Tuck said she

wants to hear what the public wants rather than politicians dictating how money should be spent.

The council, which includes transport and social care among its responsibilities, plans to work with other bodies such as district and city councils, the health service and police to work out how to deliver services more efficiently and reduce duplication.

An initiative called Making Cambridgeshire Count is being launched to tackle the issue.

Cllr Tuck said: "If you get a real problem, people pull together. It's the voluntary sector we have got to be looking at. There is a lot more capacity there. They are good at what they do and we've got to make sure we support them."

"We need a community voice here. We are going to do far more in-depth consultation. We will be getting the community involved."

She added: "This is a big challenge – it's massive. When I became a councillor it was because I wanted to help people, I want to change things, to make things better. When you get these kind of figures, it's very concerning."

Council bosses said the level of public debt meant it was the worst cash crisis "since the Second World War".

Finance bosses predicted the massive shortfall after looking at analysis of the Government's budget and factoring in population changes, inflation and existing commitments.

The calculations assume council tax would be frozen. If council tax rose 2.5 per cent, the council's spending power would still be reduced by 29 per cent.

Public consultation is expected to take place in December.



Historic site: from left, Heather and Peter Heath unveil the plaque at the site of the Anglo-Saxon cemetery in Burwell, with Paul Hawes, plaque committee chairman, and committee members Pat Kilbey and David Brown dressed for the occasion. CP

Ancient burial site commemorated with plaque

THE site of an Anglo-Saxon cemetery thought to contain pagan and Christian burials has been marked with a special plaque.

The cemetery in Burwell dates back to the 7th century. Skeletons were first discovered at the site in 1884 when workers were excavating a lime quarry.

Further excavations in the late 1920s revealed around 150 skeletons in shallow graves. These were all taken into the keeping of Cambridge University.

Burwell History Society placed a plaque on the site on Sunday as part of a series of historical information markers around the village.

They celebrated by showing illustrations of what the site might have looked like in Anglo-Saxon times.

They also tried Saxon pastimes, such as juggling, and telling fortunes with specially marked stones known as Runes.

Pat Kilbey, who helped organise the event, said: "The

site has been built on and its history is in danger of being forgotten. The people who were buried here are very important to Burwell.

"As far as we know, they founded and named our village as it is today and it may even be the case that some families living here now are descended from them."

£1m injection
for 'home of
racing' project

PLANS for a new tourist attraction in Newmarket costing nearly £11 million have received a £1 million boost.

The £10.9 million Home of Horseracing project was awarded a £1 million grant from Suffolk County Council after its cabinet gave its approval on Tuesday.

The money will come from the council's major projects reserve, subject to agreed conditions.

The project would provide the town with a world-class museum, art gallery and study centre, celebrating the racing industry, development of the thoroughbred horse and sporting art in Britain.

It would be based on Palace House Stables, the world's oldest racing yard, and provide facilities for local schools and the community.

The project is being driven by the Home of Horseracing Trust which represents many key elements of the racing industry, along with Forest Heath District Council which has spent more than £1 million to save the buildings, which it owns, from deterioration.

Plans were first mooted in the late 1990s and organisers estimate it would attract an extra 44,000 visitors and bring in £1.8 million of tourists' cash each year to the area.

They say it will turn Newmarket into a major tourist destination to rank alongside Cambridge.

The trust said it is "well into the process of raising funds".

School invites you to coffee

STAFF and pupils at a primary school are doing their bit to support the World's Biggest Coffee Morning for Macmillan Cancer Support.

St Mary's School, Mildenhall, is inviting everyone to join them on Friday, September 25, for some cake and a cuppa to help raise £8 million for the charity.

Headteacher Wendy Garrard said: "We have taken part in this event for the past few years.

"We feel it is important to us as nearly everyone you speak to has been touched in some way by this dreadful disease. By hosting this event we are helping to make a small improvement to the lives of those people suffering."

■ Special coffee morning appeal – see page 4.

Trees at stables to be removed

COUNCIL planners have agreed to the removal of 21 trees from land at Sheikh Mohammed's Godolphin Stables in Newmarket.

Forest Heath District Council is raising no objections to the removal of the trees, which lie in the town's conservation area.

The trees are 10 sycamores, four elms, four limes, two beeches and one Norway maple.



Horses are the stars of heritage day

HISTORIC stables which are set to be the centre of a major horseracing tourist attraction were open to the public as part of a Heritage Open Day.

Newmarket's Palace

House Stables, which date from the reign of King Charles II, were open for tours as well as fun activities for youngsters including Punch and Judy shows and falconry

demonstrations.

One the attractions which proved popular were rides in a cart, pulled by some beautiful Suffolk Punch horses.

The day, organised by

staff at Forest Heath District Council's tourist information centre in Palace House mansion on the opposite side of Palace Street, was part of national heritage open day.

Hello up there! Julia Wolska, 6, and her mum Katarzyna, from Newmarket, with one of the beautiful Suffolk Punch horses at the heritage day.

Picture: Richard Patterson 593938

Police warning after elderly fall victim to phone conmen

POLICE are urging residents never to give out personal information after at least three older people fell victim to a telephone scam.

The three told Suffolk police they were called by a man claiming to work for BT and had given him credit card details on Sunday.

A woman in her 70s was told she had an outstanding phone bill and would be cut off if she did not pay immediately.

She gave credit card details but then became suspicious and asked him to call a relative. The man called the relative who was not fooled and contacted BT, which said it does not contact people in this manner.

The other calls followed a similar pattern and in one case several withdrawals had been made on a card before it was cancelled.

Police are urging residents never to give out any personal details, particularly password information, card details or information that could be used to access bank accounts.

Officers said people should get the name of the caller and the company they claim to work for, and then ring that company to check the call is genuine.

Residents should be particularly alert when dealing with unsolicited calls, either in person or on the phone.

Funding dilemma on school futures

PLANS to axe Suffolk's middle schools are in turmoil because of uncertainty over Government funding – but it seems too late to save two affected schools in Newmarket.

The county council is unsure it will receive all of the £22 million promised for plans to move to a primary and secondary school system by scrapping 40 middle schools.

It could mean education chiefs will not proceed with the third phase of the controversial reorganisation unless they receive assur-

BY JOHN DOWNING

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ances about Government cash.

But Newmarket's middle schools, Scaltback and St Felix, were included in the second phase of the scheme and the council said these proposals have been fully funded.

The schools are still set to close in 2012 along with two in Mildenhall and one in Brandon.

Cllr Graham Newman, portfolio holder for children, schools and young people's services, said: "All the pro-

posals we had in the second phase are funded. This makes no change at all."

The decision to move to a two-tier education system has been opposed by parents, teachers and councillors but the county council pushed through its plans.

Funds were promised for enlarging primary schools to take extra children aged nine to 11, and for secondary schools to cope with the intake of 11 to 13-year-olds.

Cllr Newman said: "We cannot be certain we will have the money from 2011 to go ahead with the whole of the next phase.

"Therefore, rather than go

out to consultation with the public as we intended this autumn, I have taken the decision to put on hold most of the third phase of the project.

"We have not lost faith in our approach to middle schools and remain totally committed to completing the task.

"Educational achievement is still higher for pupils educated in a two-tier system over three-tier."

He said that until there was more clarity on the future financial position, it would be "irresponsible" to make promises on what happens next and when.

Drop-in sessions for blood tests prove positive for patients

AN extra 1,500 patients every month are getting the blood test they need at a convenient time thanks to West Suffolk Hospital's extended opening hours at drop-in clinics.

Blood tests can now be taken between

7.30am and 7pm on weekdays and on Saturday mornings.

The longer hours, introduced in January, have proved a success with around 6,500 people now taking a blood test each month compared to an ave-

rage of 5,000 last year.

They have also been well received by patients, who do not need to book an appointment and can visit whichever clinic is most convenient.

Julian Jolly, pathology services man-

ager, said: "The feedback we have had from patients so far has been overwhelmingly positive.

"The earlier starts, later finishes and the new Saturday morning service were all introduced to make the

service as easy as possible for people to access.

"They give patients much more freedom to take their blood tests at a time which suits them, without interfering with work or other commitments."

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SUPPLIERS AND INSTALLERS



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No more action on car park attack

NO further action will be taken by police against four people who answered bail in relation to a brutal attack in a car park.

Simon Herzog and Maria Massott were attacked in Newmarket's park and ride car park in Willie Snaith Road in the early hours of July 31. Suffolk police confirmed no further action would be taken against the four.

Two men have previously been charged with wounding with intent to cause grievous bodily harm. The pair, Lee Sparks and Michael Sheldrake, both aged 23 and from Laurel Close, Red Lodge, have appeared before magistrates at Bury St Edmunds.

They are to appear at Ipswich Crown Court for trial. Mr Herzog suffered serious head injuries in the assault and received lengthy treatment in Addenbrooke's Hospital. Miss Massott was allowed home following treatment in West Suffolk Hospital, Bury St Edmunds.

Cheeky Girls to pop into QD store

POP twins the Cheeky Girls are set to visit a Newmarket store to promote their new range of cosmetics.

They will be at the QD branch which opened last month in the former Woolworth's premises in the town's High Street from 10am on Sunday, September 27.

The Romanian pair, Monica and Gabriela Irimia, have launched their Cheeky Collection aimed at pre-teens and teenagers at the QD budget store chain.

The Newmarket store will be the third stop on their promotional tour.

Help save lives just by enjoying a cuppa

A CHARITY coffee morning organiser is encouraging more people to support a national fund-raiser next week.

Eileen Taylor has raised around £2,000 – more than £700 from last year's event alone – by running a Macmillan Cancer Support coffee morning.

Mrs Taylor, 66, has run a coffee morning at Newmarket Avenue Bowls Club, where her husband Tony is secretary, for the past five years.

She decided to get involved after losing a brother-in-law and sister-in-law to cancer.

"I don't think there's a family that hasn't been affected by cancer," she said. "People are very generous. Those who can't come to the coffee morning often give a donation."

As Cambridgeshire women's bowls president she has spread the word wherever she has visited during her year in office.

BY JOHN GOODE

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Nationally, Macmillan hopes to raise £9 million from the 45,000-plus coffee mornings which are held on Friday, September 25.

Luke Wheeler, fund-raising manager, said: "Each year, more than 3,500 people in Suffolk learn that they have cancer. Macmillan provides practical, medical, financial and emotional support to those directly effected, including family and carers. With one in three people facing a cancer diagnosis in their lifetime we are wholly dependent on donations to keep supporting people with cancer."

"There's no right or wrong way to take part in the World's Biggest Coffee Morning. You can have a traditional coffee morning at home or work, organise a glamorous coffee-themed evening, or even serve up smoothies or herbal tea



Coffee invite: Eileen Taylor appeals to people to support the Macmillan Cancer Support coffee mornings being held next week.

Picture: Duncan Lamont 592663

instead of coffee."

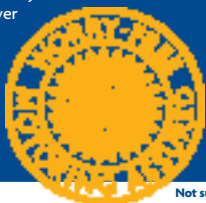
Last year the event raised £7.5 million across the country.

To register to host a coffee morning visit www.macmillan.org.uk/coffee or call 0845 602 1246. If you would like to find out if there is already a coffee morning being held in your area then please call Luke Wheeler on

(01603) 626433. Among other Macmillan coffee mornings planned is one at Burwell Ex-Service Club organised by Chris Collins and WI friends.

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Piggott boosts fire fund

LEGENDARY jockey Lester Piggott was the first to make a donation to a fund set up after a fire which killed two apprentice jockeys.

The 73-year-old multiple-champion helped to launch an appeal by Newmarket-based Racing Welfare following the fire earlier this month in Yorkshire.

The blaze, which is being investigated by police as arson, cost the lives of Jamie Kyne, 18, and Jan Wilson, 19, when fire

swept through their home at Norton, close to the training centre at Malton.

Racing Welfare's fund, the Malton Fire Disaster Appeal, has been set up to help the families of those who died as well as survivors who lived in the same building.

The fund is being co-ordinated by the Racing Welfare office in Norton, North Yorkshire.



In our weekly column, reporter JOHN GOODE takes a look behind the racing scene to bring you news from in and around the stables.

Last wicket for trainers

AN annual cricket match involving Newmarket racehorse trainers has been held for the last time.

The trainers have played against Burrough Green for nearly 30 years in matches arranged by former BBC racing commentator and Burrough Green resident Julian Wilson.

The matches have come to an end because the trainers have found it hard to raise a team with Sunday racing now a regular feature of the calendar.

The final match was won by Burrough Green.

Jockey Club director bids farewell after 16 years

JOCKEY Club spokesman John Maxse is leaving the organisation after 16 years.

Mr Maxse, the club's director of communications and special projects, said he was "excited by the prospect of exploring new opportunities."

The Jockey Club owns 14 racecourses, including Newmarket and Huntingdon, as well as Jockey Club Estates which is responsible for the 2,500 acres of training grounds around Newmarket.

It also owns the National Stud at

Newmarket and Racing Welfare, the Newmarket-based charity for people employed in the racing industry.

Simon Bazalgette, chief executive of the Jockey Club, said: "John has played an important role for the Jockey Club for many years and we wish him all the best for the future."

"Although it is disappointing that he has decided to move on, in view of the length of his time with the Jockey Club it is understandable that John is seeking a new challenge."

"He has kindly agreed

to stay until mid-October and he will work closely with us on the plans for his replacement."

Mr Maxse joined the Jockey Club in 1993 and became head of public relations in 1997 before being appointed public relations director in 2001.

In 2005 he became director of communications and special projects, working on behalf of the Jockey Club's various commercial interests, including Jockey Club Racecourses, Jockey Club Estates and latterly the National Stud. He is also a trustee of Racing Welfare.

Killer mum had 'serious illness'

A WOMAN accused of stabbing her two teenage daughters to death as they slept was in the grip of a "serious and neurotic illness", a court has heard.

Psychiatrist Lyle Hamilton told Cambridge Crown Court that 41-year-old Rekha Kumari-Baker was in "an abnormal mood state" before she attacked daughters Davina, 16, and Jasmine, 13, at her home in Stretham in June 2007.

He said it was "extremely difficult" to pinpoint "diagnostic categories" but told jurors "we are in deep water psychiatrically".

The court has heard that Kumari-Baker attacked the two girls after they had gone to bed – stabbing Davina 39 times and Jasmine 29 times with two kitchen knives.

She is on trial accused of their murder. Kumari-Baker is mounting a diminished responsibility defence, with lawyers arguing that she was suffering from an abnormality of mind which would make her guilty of manslaughter but not murder.

Dr Hamilton, who was called to give evidence by Kumari-Baker's legal team, told the court: "I think there was an abnormal mood state which preceded these events."

"I think we are talking about a serious neurotic illness which includes anxiety and depression."

"I think it is extremely difficult to pinpoint precise diagnostic categories with this woman."

"I don't think her mental state could have been said to have been normal."

Prosecutors have previously suggested that Kumari-Baker killed her children to "wreak havoc" on her ex-husband David Baker.

The prosecution's psychiatrist told jurors last week that Mrs Kumari-Baker was not suffering from mental illness when she stabbed her daughters to death.

Dr Neil Hunt, a consultant psychiatrist based in Cambridge, assessed Kumari-Baker on the day she was arrested to determine whether she was fit for police interview. He said: "I did not think there was evidence of any mental illness."

The jury heard Kumari-Baker told Dr Hunt she was on "autopilot" when she attacked.

Dr Hunt said: "She said 'this wasn't supposed to happen, I love my girls.'"

The psychiatrist said he made a number of checks for signs of mental disorder but could find none.

He said Kumari-Baker was calm and occasionally tearful during the examination and at one point was advised by her lawyer to be "cautious".

Jurors also heard that Kumari-Baker told Dr Hamilton that "everything was getting on top".

He said medical literature showed that women had killed children because they were "mentally ill" and because they were a "retaliatory type".

He said Kumari-Baker displayed a combination of both categories.

Dr Hamilton added: "It seems to me

that what happened here is a combination of these factors."

"I think she was in an abnormal mental state. I think strains in the relationships with the men – key men – in her life gave rise probably to the idea of some kind of retaliation against not just them as individuals but against men generally."

He told jurors that he interviewed Kumari-Baker in prison in June 2008.

He said she told him of the problems she was having in the months before she attacked Davina and Jasmine.

Dr Hamilton added: "In the early part of 2007 she felt that she was struggling with her life and her problems."

"She had not been eating properly, she could not keep food down. She was sleeping erratically, grabbing an hour here or there when she could."

"Otherwise she was just lying there feeling blank."

Earlier in the trial, the court heard Kumari-Baker told Davina "I wish you were dead" in front of teachers three years before she killed her.

Kumari-Baker made the remark during a meeting with teachers at Impington Village College in October 2004.

Vice-principal Stephanie Franklin told a jury how she had been shocked when Kumari-Baker made the comment to her daughter, who had been playing truant from school.

She said: "I said to her 'You do not



'Abnormal mental state': Rekha Kumari-Baker is on trial for murdering her two daughters, Davina and Jasmine.

'Police' raiders in burglary

A 93-YEAR-OLD woman was woken by two burglars in her ground floor bedroom.

Police are appealing for information after the break-in in Fordham on Monday.

The burglary happened at the pensioner's home in Eldith Avenue between 7.30pm and 8.30pm.

The woman heard noises and woke up to find the two men in her home.

The burglars told her that they were police officers and needed to search the property.

As soon as they had gone the victim called for help.

It is not thought that anything was stolen.

DC Andy Day, investigating, said: "We would like to hear from anyone who saw anything suspicious in the area or saw these two men leaving the property."

"I would ask people in the area to remain vigilant and keep an eye out for any vulnerable neighbours."

The woman is unable to give a description of the men at this time.

Anyone with information should contact DC Day at Parkside Police Station on 0345 456 4564 or Crimestoppers, anonymously, on 0800 555 111.



Bureau meeting: MP Richard Spring MP meets new social policy co-ordinator Margaret Jocelyn, centre, and Lesley Nash, guidance tutor at Newmarket Citizens Advice Bureau.

Picture: Keith Jones 593766

Social policy issues face MP at bureau

AN MP has met a new Citizens' Advice Bureau advisor to discuss issues of social policy.

Margaret Jocelyn has recently taken over from Jenny Southgate at the Newmarket CAB as social policy co-ordinator.

Richard Spring, the town's MP, was given

an update about the bureau's work and the additional pressures as a result of the recession when he visited the CAB office at Foley Gate, Newmarket.

He said: "I am an ardent supporter of the Citizens' Advice Bureau and often suggest to constituents that they should contact them

for excellent, professional advice."

While in Newmarket, Mr Spring presented a cheque to the St Nicholas Hospice shop in the High Street.

The cash was a fee Mr Spring received for taking part in a Parliamentary survey.

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WEEKLY NEWS LETTERS

Send your letters to: The Editor, Newmarket Weekly News, 15 High Street, Newmarket, CB8 8XL or by email to editorial@newmarketweeklynews.co.uk

Inquiry needed on Fen 'vision'

Sir, Giles Hughes, of East Cambridgeshire District Council, is reported to have said: "I must also point out that we are looking at these (Reach Lode bridge) plans as a specific application and not at the Wicken Fen Vision as a whole." I have no criticism of Mr Hughes but that, actually, is the nub of the problem. Many people in and close by the ancient Fen-edge settlements of Wicken, Upware, Burwell, Reach, Swaffham Prior, Swaffham Bulbeck, Lode and Longmeadow, Bottisham, Stow cum Quy, Fen Ditton, Horningsea and Waterbeach, have expressed opposition to the National Trust's stupid plans to turn thousands of acres of fine food-producing Fen land into a waterlogged jungle of brambles, elder bushes, ragwort, stinging nettles and thistles.

But, so far as I am aware, the so-called 'Wicken Vision' which the trust's own website states is to cover "around 56 square kilometres" (by my on-line calculator 13,837 acres) has never been the subject of a formal planning application or a public inquiry as a whole. Component parts, yes, but never all of it. And it's a scheme that is estimated to cost more than £100 million! We need a formal planning application or, better still, a full public inquiry, and we need it now before the Fens are ruined.

Geoffrey Woollard
Chapel Farm
River Bank
Nr Upware

LETTERS POLICY

Letters should arrive by noon on the Monday before publication.

Full name and address must be supplied and details will be withheld only in exceptional circumstances.

Letters should be no longer than 250 words and may be edited.

PATIENTS who have suffered a stroke will benefit from a new treatment for those whose problem is caused by a blood clot – but they must act quickly.

The West Suffolk Hospital, in Bury St Edmunds, is offering the rapid clot-busting thrombolysis treatment.

Thrombolysis saves lives and minimises disability but

is suitable for around 10 per cent of stroke patients, and only those whose stroke has been caused by a blood clot.

But for the treatment to be effective, it must be given usually within three hours of the patient first noticing their symptoms.

Dr Anne Nicolson, lead consultant for stroke at the hospital, said: "The introduction of thrombolysis at

West Suffolk Hospital is a significant step forward.

"It is essential anyone who has suffered a suspected stroke calls for an ambulance as quickly as possible.

"If you are the patient, don't drive yourself to the hospital. Don't call your GP either – just ring 999 immediately for an ambulance.

"The expression 'time is brain' is entirely true for every

type of stroke, so it is absolutely essential that we assess patients as early as possible."

The thrombolysis service is available between 9am and 5pm, Monday to Friday.

Outside of these times, the ambulance service will assess and transfer the patient to the nearest 24-hour, seven-day thrombolysis centre, if appropriate.

MEMORIES



THIS week's photograph, from our archives, shows a group of lads who have taken to their bikes. Who are they and what were they doing?

Could you say when the photograph was taken? We welcome your letters or emails. Send your recollections to:

Memories, Newmarket Weekly News, 15 High Street, Newmarket, CB8 8XL, or email editorial@newmarketweeklynews.co.uk by Tuesday morning. 589026



Last week's Memories photograph, from our archives, shows the Newmarket and Thurlow Hunt. The photograph, showing riders, hounds and hunt followers, was taken in January 1964. 589331

Rapid treatment for stroke patients

Undergrowth set ablaze

A FIRE in undergrowth in Mildenhall was tackled by the town's firefighters. They were called to College Heath Road at 5.15pm last Thursday and had the fire under control within 15 minutes.

Two crews from Newmarket were called at 6pm to a fire involving grass cuttings and a fence in Clifton Mews, Kentford. That fire was under control by 6.38pm.

Smash and grab at electrical store

BURGLARS used a paving slab to smash the front window of an electrical store before making off with laptop computers.

Offenders struck at the Bussens and Parkin store on King Street, Mildenhall, at 2.10am on Friday.

They stole a number of laptops with a value of more than £2,000.

Anyone with information about the burglary should call Pc Lucy Holman at Mildenhall police on (01284) 774100 or Crimestoppers, anonymously, on 0800 555111.

Fen safari to see vole's secret life

THE secretive water vole will be the focus of a mammal safari at the Lakenheath Fen nature reserve.

It will take place from 10am to 1pm on Saturday and booking is essential.

It costs £4 for adults, £2 for children and RSPB members pay half price.

For more information about this event call (01842) 863400.

Racist man, 60, given street ban

BY JO DEEKS

Email: editorial@newmarketweeklynews.co.uk

A 60-YEAR-OLD man declared himself to be "BNP and proud" after subjecting neighbours to racist abuse.

John Chappell told a Cambridge-born man with Caribbean origins to "go back where he came from", a court heard.

The attack occurred in Newmarket after the man was asked if he had been delivering British National Party (BNP) leaflets.

When neighbours leapt to the defence of victim Lewis Wilford-Gittens, Chappell began spitting on them and threatened to set fire to their homes.

Chappell, who lives on a houseboat in Upware, admitted charges of racially aggravated harassment, racially aggravated common assault and disorderly behaviour when he appeared before magistrates at Bury St Edmunds.

Magistrates made an exclusion order banning Chappell from going to

Sassoon Close, in Newmarket, for the next six months, or contacting Lewis or Robert Wilford-Gittens or Nicola Rayner.

He was also ordered to pay them £75 each in compensation and made the subject of a six-month community order and a six-month supervision requirement, including that he tackles alcohol issues.

Rosalind Clark, prosecuting, told the court Chappell's partner Derek Birch lived at Sassoon Close, Newmarket, and in June was found in the front garden of the house opposite by Lewis Wilford-Gittens.

Chappell shouted threats to him and told him to "go back" to his country.

Mr Wilford-Gittens said he was born in Cambridge, although his father was

from Trinidad and his mother from Cyprus, and asked Chappell if he had put BNP leaflets through their door.

Chappell replied that he was "BNP and proud".

Robert Wilford-Gittens, Lewis' father, came out and a mother with her nine-year-old daughter also witnessed Chappell calling both men racist names and spitting at Mr Wilford-Gittens senior.

Nicola Rayner, another neighbour, said when she challenged Chappell, he threatened to kill her dog and set fire to her house.

Lyndon Davies, defending, said his client had a background of difficulties with neighbours and had suffered homophobia.

Sue Hughes, chairman of the bench, said: "This sort of behaviour is entirely unacceptable, and we are particularly concerned that this was witnessed by a nine-year-old girl."

School facing closure wins lottery windfall

A SCHOOL set to close in 2012 has been awarded a £10,000 grant.

Riverside Middle School in Mildenhall is set to close as part of Suffolk County Council's reorganisation of education into a two-tier system.

The school has been awarded the cash by the Big Lottery Fund.

The project will help the school celebrate its 70-year history and involvement with the community.

Planned activities include a book of memories, a mini-museum and a street party.

The grant is the maximum payable under the Awards for All scheme.

Elsenham Community Association, based near Saffron Walden, has also been awarded £10,000.

Two East

Cambridgeshire organisations have been awarded grants under the scheme.

They are Oblique Arts which was awarded £9,990 and Paintbox Pre-School which was given £4,242.

Sara Betsworth, Big Lottery Fund head of region, said: "An increasing number of groups across the East of England are applying to Awards for All for funding."

"A relatively small grant can make such a difference, whether it's ensuring a special event can be extra-special, or simply keeping a community project going."

She added: "We are proud to be able to support them with almost £190,000 in grants this month."



Top artists: winning pupils showing their certificates are, from left, Melvina Knappett, Melissa Holt, Lucy Hopes and James Pachebat with Gareth Williams, new head at Fairstead House School.

Prizes for young creatives

TALENTED pupils at one of Newmarket's schools are celebrating their success in the town council's art competition.

Fairstead House pupils brought home several certificates from the awards evening at the Memorial Hall.

James Pachebat took first prize in the five to seven-year-old category while Melissa Holt came second in the eight-10 age group.

Melvina Knappett won the Mayor's Prize and Lucy Hopes won the Chairman of Leisure Services' prize.

The school won first prize for Top School Effort and three ex-pupils, India Thompson, Kitty Jones and Ella Cope-Brown, finished in the top three in their categories.

Chance to air your views at district meetings with police

SENIOR police officers will take part in a series of meetings to hear what residents want from the force.

Suffolk's Chief Constable Simon Ash and other top officers will be attending the meetings across the county.

They include one at Newmarket's Heath Court Hotel on October 7, starting at 7pm.

Mr Ash, said: "I am looking forward to attending all of the district meetings - I want to hear first hand what local people have got to say about policing in their area. Throughout the county we

have well established Safer Neighbourhood Teams working with communities on a day-to-day basis identifying and addressing local crime and disorder issues.

"I would encourage people to come along to the forthcoming meetings to discuss local matters as well as broader issues relating to policing priorities. This will allow us to take full account of people's views as we make decisions about the policing priorities for the county."

Visit www.suffolk.police.uk or www.suffolkpoliceauthority.org.uk

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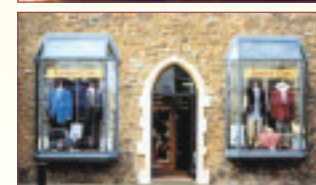
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Family Announcements
01638 662581

Deaths

GAMMON. Horace, passed away at Arthur Rank House, on Thursday, September 10th, 2009, aged 84 years. Widower of the late Nellie, much loved dad and granddad. Funeral Service at St Andrew's Church, Isleham, on Friday, September 18th, 2009, at 2.00pm. Family flowers only but donations if desired for Arthur Rank Hospice Charity, may be left at the service or sent to C E Fuller & Co, Funeral Directors, 23 Hall Street, Soham, Cambridgeshire. CB7 5BN. Tel: 01223 720439.

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**Course for
junior chefs**

A SATURDAY cookery course for 11 to 15-year-olds aims to give them the confidence to cook at home for their family and friends. The Junior Chefs programme at West Suffolk College will start again on Saturday, October 10, from 9.30am to 12.30pm. No experience is necessary – all that is needed is enthusiasm and a willingness to learn. The course has eight sessions and the group will learn practical cookery skills. It offers a taste of a career in the hospitality industry and some students have gone on to further training. For more information, call (01284) 716333.

**‘Cut back on
emissions’**

PROPOSALS to cut carbon emissions nationally by 10 per cent in 2010 have been backed by Liberal Democrats in Cambridgeshire. The 10:10 campaign calls on individuals, businesses, schools, and organisations to take action to reduce their carbon footprints. Cllr David Jenkins, leader of the Lib Dem group on the county council, wants the authority to take action. He said: "Unless we take radical action now, there is little chance of ever meeting these targets. If everyone across the country took part, it could make real difference."

**Flu collection
point closes**

THE last of Cambridgeshire's antiviral collection points has closed, as falling numbers of swine flu cases allow a switch to pharmacy collection. The antiviral collection point at Chesterton Medical Centre, in Cambridge, closed on Friday. The county's three other collection points, in Soham, Huntingdon and Wisbech, had already closed. The National Pandemic Flu Service phone line is 0800 1 513 100 or Textphone 0800 1 513 200 and the website is www.direct.gov.uk/pandemicflu.

**Fashion show
for Macmillan**

A FASHION show in Newmarket will raise funds for Macmillan Cancer Support. The free show will be held from 11am on Friday, September 25, at Country Casuals. For more information pop into the shop at 61A High Street, or call (01638) 667921.



Walkers of all ages step up for record turnout

THOUSANDS hit the streets of Cambridge in a record-breaking turnout for the region's premier charity walk – Bridge the Gap. More than 2,500 people took on the four-and-a-half mile tour around the city and its university colleges on Sunday. Almost 1,950 walkers had signed up for the fundraising extravaganza in advance – around 260 more people than last year. And almost 600 more ventured down to Jesus Green on the morning to join in, surpassing last year's grand total of 2,340. Now in its eighth year, organisers hoped to smash last year's £42,500 by raising a staggering £50,000 for two good causes – the Arthur Rank Hospice Charity and Press Relief, the community fund run by our sister paper, the *Cambridge News*. And Lucy Day, fundraiser at Arthur Rank, was hopeful that with the sheer number of people taking part, it would be done. She said: "Bridge the Gap is Cambridge's biggest and most popular charity walk but this year has surpassed all expectations. "This is our record year with well over 2,500 people taking part and it looks like our fundraising targets will be well and truly smashed. "The weather was cloudy but spirits were certainly not dampened and the atmosphere around Cambridge was fantastic. "Everyone had smiles on their faces, which is what is great about Bridge the Gap – people having a good time while raising staggering amounts of money for good causes." Walkers of all ages, from toddlers to pensioners, transformed the starting point on Jesus Green into a sea of colour before strolling along by the River Cam into the city centre. This year, families also got to see inside the Pitt Building and the Zoology Museum. Community samba band Arco Iris provided a carnival atmosphere on Jesus Green and various points along the route and the Society of Cambridge Tourist Guides had members on hand to provide expert help for walkers. There was also huge support from the Rotary Club of Cambridge, dozens of corporate teams from across the region and Origin8, who provided picnics for those in need of re-fuelling. Amanda Scarborough, Press Relief administrator, said: "We are totally overwhelmed with how well things went this year. "The money will help a range of good causes in the local area, especially at a time when money is generally tight. The feedback we have had from everyone who took part has been terrific."

They're off: the 2009 Bridge The Gap walk gets under way with more than 2,500 people taking part.

Picture: Richard Patterson 594030

**Click on to a
healthier life**

RESIDENTS in Suffolk can click to get fit with the launch of an innovative online programme designed to improve health and wellbeing. The Healthy Ambitions Suffolk Health Manager, available at www.healthyambitionsuffolk.co.uk, went live on Monday. The programme offers specially tailored help, support and advice to encourage people to take simple steps to improve their health. Volunteers who have tested the award-winning programme have already given it very positive reviews. Everyone logging on to the programme for the first time will be asked to answer a short survey about their current health, lifestyle and family history.

BY JOHN DOWNING
Email: editorial@newmarketweeklynews.co.uk

They will then be provided with a picture of their health now, which gives details of areas where they are doing well and those which could be improved. Participants are asked to pick one personal health goal, such as taking more activity, sleeping better, eating more healthily or relieving stress, depression or anxiety. They will be then given access to a range of online tutorials and weekly emailed encouragement to help them meet that goal. Sally Hogg, head of health improvement partnerships at NHS Suffolk, said: "We are delighted to have become the first organisation in the country to offer this innovative and award-winning programme across a whole county. "Absolutely everyone who lives in Suffolk can now benefit from it. "The programme has been designed to be clear, accessible and easy for everyone to use. "I would encourage everyone to give the Healthy Ambitions Suffolk Health Manager a try. She added: "It will be the most useful website you have ever visited." The Healthy Ambitions Suffolk strategy aims to make Suffolk the healthiest county in England by 2028 by cutting the number of preventable deaths and helping people to live a healthier lifestyle. Currently it has three main strands – children and young people, businesses and older people. More strands will be added in the future.

**Officers not
superhuman,
says chief**

CHIEF Constable Julie Spence has vowed to fight on after a "torrid few weeks" for her force. Cambridgeshire's top officer spoke out after a series of embarrassments for the police, including the revelation of an £82,000 spend on a self-help guru and a damning report on custody procedures. In her latest podcast, Mrs Spence told listeners: "We will continue to challenge ourselves to ensure we give you the best service we can, but please remember behind those uniforms staff are only human, not super-human." Mrs Spence said letters and website comments indicated some residents felt her officers were doing "an appalling job", but many others got in touch to congratulate the force on its performance. She reassured listeners after a report by Anne Owers, the chief inspector of prisons, exposed "considerable shortfalls" in custody practices.

Banking on finding the county's best family-run firm

THE search is on to find the best family-run businesses for an award from a private bank.

Coutts and Co's Suffolk team is searching for contenders for the Coutts Prize for Family Business 2009/10 and the county's businesses would be competing in the Southern England and Wales region.

Mark Noble, senior private banker for Coutts in Suffolk, said: "Up to 75 per cent of businesses in Suffolk are run by families.

"Across the UK these family businesses account for a large share of UK GDP and employment.

"Yet even today, much of their work goes largely unrecognised by society and they get very little help with tackling the unique challenges they

face in areas such as business succession."

Eligible companies must be wholly or mainly carrying on a trading activity and the family must have a significant influence.

They must also have been profitable in at least two of the last three years.

There are two turnover categories. These are for those between £5 million and £25 million and those with more than £25 million.

The judging panel will look at how family values are embedded in the culture of the company and effective planning for succession of ownership.

To reserve a nomination pack, email robert.jacob@coutts.com or call (020) 7649 4046.

Businessman to help fortunes of Brazilian villagers

A BUSINESSMAN is heading to Brazil to help rebuild a school and raise money for a cancer charity.

Simon Gibson, a director of Newmarket-based wealth management company Atkinson Bolton Consulting, will join 31 others on Project Brazil.

They will set off from Heathrow airport on Sunday, September 27 and hope to arrive 23 hours later in the small village of Forte, in the Chapada dos Veadeiros National Park.

It has a population of 300 and is one of the country's poorest and most remote villages, in an area designated a UNESCO World Heritage Site in 2001.

Project Brazil involves the rebuilding and general improvement of a small existing school.

The work will give local children the chance to continue their education in their own village, close to their families, rather than being obliged to move away.

Simon is trying to raise £4,000 in sponsorship for The

Bobby Moore Fund, which works under the Cancer Research UK banner to help to prevent bowel cancer. All funds raised will go to the charity.

Simon, who lives in Burwell, said: "I'm off to Brazil to help to rebuild a school, to change the lives of the villages of Forte, home to 300 people.

"At the same time, all the money raised goes to The Bobby Moore Fund here in the UK, helping to prevent bowel cancer."

Bobby Moore, England's World Cup winning captain of 1966 – the year Simon was born – died of bowel cancer in 1993, aged 51. His widow Stephanie established The Bobby Moore Fund soon after.

To donate to the fund and support Simon in his efforts, visit www.justgiving.com/simon_gibson66

For more on The Bobby Moore Fund visit www.cancerresearchuk.org/bobbymoorefund



Helping others: Simon Gibson auctioneering at a recent fundraising event held in Newmarket.

Take your gardening problems to meeting

THE Barton Mills and District Gardening Club will hold its annual meeting in the village hall on Tuesday.

It will start at 7pm and will be followed by 'Members' Gardening Problems', a light-hearted attempt to solve a few queries. There will be a raffle and refreshments.

The fee is £1 per meeting for members, while non-members and friends are welcome as paying visitors. The annual membership fee is £10.

Bonfire may have started shed blaze

FIREFIGHTERS tackled a blaze which destroyed a shed at a seed company.

Two fire crews from Newmarket were called to the incident at Fothergill Seeds in Kentford.

The fire is believed to have spread from a bonfire in a nearby garden which also burned an adjoining fence.

It took around 45 minutes to extinguish the blaze which broke out at about 6pm last Thursday.

Ceremony held for American forces

AMERICAN air force personnel will be honoured at a ceremony at the RAF Lakenheath base tomorrow.

The formal retreat ceremony at the base flag will honour members of the 48th Fighter Wing who were prisoners of war, those who are still missing in action and those who were killed.

It will include wreath laying, a firing detail and the lowering of the British and American flags.

Fake will widow 'planned to share'

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

A FORMER top rally driver's widow has been given a suspended jail sentence after she admitted faking his will.

Patricia Jung-Fall, 59, concocted the false will after the sudden death of her husband Tony, who had been a member of the official Mini rally team in the 1960s.

The fraud was exposed by Richard Fall, one of his sons from a previous marriage, Ipswich Crown Court heard.

He was suspicious when his stepmother left her home in Fordham Road, Newmarket, at 3am on the morning of December 4, 2007 – three days after Tony Fall, who was 67, had died in Tanzania while helping organise the East African Safari Classic Rally.

She drove to his office at Newmarket-based Safety Devices where Mr Fall was managing director and wrote the will – later produced by his business partner Bevan Braithwaite.



Tony Fall: the former top rally driver died suddenly in Tanzania.

Mr Braithwaite, who was terminally ill at the time and died in April of last year, later admitted he had signed the false will to make it appear he had witnessed it three months earlier.

Jung-Fall was sentenced to 23 weeks in prison suspended for 18 months.

She was also ordered to complete 200 hours of unpaid community work and pay £3,500 towards the cost of the prosecution.

While Jung-Fall claimed that she had planned to share Mr Fall's estate with his two sons and had acted only to ensure the stability of his business interests, the court was told that the will she lodged with her solicitors named her as the sole beneficiary.

Adam Davis, her barrister, said "This will was never designed to preclude the boys getting what they were entitled to."

It had been presented, on the advice of Mr Braithwaite, with the aim of keeping Mr Fall's business interests stable following his sudden death.

Jung-Fall had considered handing over the largest part of Mr Fall's estate to his sons Richard and Oliver, said Mr Davis, but had decided not to discuss the matter with them at the time on the advice of her solicitor.

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Dog show at gala open day in aid of animal trust

AN OPEN day which has raised thousands of pounds for an animal charity will be held on Sunday.

The gala open day at the Animal Health Trust at Kentford, will include a charity walk and a companion dog show – including a class for pets which have been patients.

Displays will be given by the K9 Freestyle Dog Dancing team, Eagle Heights Falconry and the Essex Dog Display Team.

Also on show will be the Suffolk horses, currently the subject of a research project at the trust.

There is no charge for visitors, but donations will be collected in aid of the trust's work with dogs, cats and horses.

There are still spaces available for stall-holders. Anyone interested should contact the AHT fundraising team on (01638) 555648 or email fundraising@ahf.org.uk

Application forms can also be downloaded from the trust's website at www.ahf.org.uk

Markets contract goes out to tender

A PRIVATE contractor is to be called in to run markets in three towns.

Forest Heath District Council, which currently operates the markets in Newmarket, Mildenhall and Brandon, is to invite companies to bid for the contract to run them.

The twice-weekly market in Newmarket has particularly struggled in recent years and often has just a handful of stalls.

It was previously run by the market traders' association which subsequently disbanded and the management reverted to the council.

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

The decline of the market, held on Tuesdays and Saturdays, was blamed partly on uncertainty over plans to build a new shop on part of the town's market square to extend the Guineas shopping centre.

But the scheme was put on hold because of the economic downturn. There are still plans to give the square a facelift as part of proposals to restrict traffic in Wellington Street, which runs down one side of the square. But no decisions have been made about the scheme which could cost up to £250,000.



Declined: Newmarket's twice-weekly market has dwindled in recent years.

Earlier this year, traders complained when they were threatened with £100 fines for parking their vans on the square. But most complied with the council ruling and

now park their vans nearby.

At the time, district councillor Susan Honeyford said the market cost £20,000 a year to run and was subsidised by the council tax payer.

Now, after the district council's community services committee discussed the issue in private session, councillors have voted to put the operation of the three markets out to tender.

After the meeting, a

district council spokeswoman confirmed that a recommendation to put the market contract "out to tender" had been approved "in line with the council's procurement procedures."

Earlier this week town councillors heard Joanne Rogers, recently-appointed town centre manager, say that the location of the market, off the High Street, was not ideal for helping it to prosper.



Mildenhall: A farmers' market draws the shoppers.

Celebration of cultures

A FESTIVAL of culture featuring food, dance, music and theatre from across the world is due to be held later this month.

The free festival, organised by Forest Heath District Council, will be staged in Newmarket's Memorial Hall in the High Street on Saturday, September 26.

The event will be the first of its kind in the district.

It will include a Chinese drummer, a Thai dancer, Indian Bollywood dancers, American-style cheerleading and food from the USA and Portugal.

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A SILVER-coloured Vauxhall Zafira, registration AK51 UVG, was stolen from outside a house in Tayberry Close, Red Lodge, between 7.30pm on Tuesday last week and 6.30am the following day.

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Fair!

The Soham Pumpkin Fair is a delight

The event started life as a fund-raising idea for The Shade School and over the years has raised a massive £40,000 for local charities. The purpose of the fair is to encourage families to grow and care for their pumpkins, sunflowers and other produce and the increasing size of the produce year-on-year proves the fair is a continuing success.

At this year's fair there will be a Living History Display, provided by the Earl of Northampton's Regiment of Foote. They are a regiment of The Sealed Knot society and

will be re-enacting what life was like for both soldiers and civilians during the period of the British Civil Wars during the mid-17th century.

Both primary schools and Soham Fenlander Majorettes will be performing in the main arena and there will also be a static display of bygones, vintage vehicles, classic cars and of course a raffle and prize giving ceremony.

All proceeds from this year's event will be donated to Hearing Dogs for the Deaf.

For more information about the fair please visit www.sohampumpkinfair.co.uk.



Quite a sight: All proceeds from this year's event go to the Hearing Dogs for the Deaf charity.

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Young author and campaigner was once trapped in a living hell



Looking to the future: Verity hopes she can be a help to others suffering from mental illness.
Pictures: Duncan Lamont 589574

SHE couldn't sleep. She didn't eat. She was plagued by nightmares and had panic attacks which left her literally paralysed with fear. For years, Verity Holloway was trapped in a living hell.

"At their worst, the panic attacks made me lose all control of my body," explains the 23-year-old. "I went limp and couldn't move at all; it was genuinely frightening."

"I also had flashbacks. The best way I can describe it is like having a nightmare but, instead of being asleep, you're awake. And they're extremely vivid: I could hear, see and even smell things that weren't actually there..."

"People looked at me and just saw this slightly odd and traumatised girl who didn't speak to anyone. They didn't know what to do with me; I didn't know what to do with myself."

Although she didn't know it, Verity was suffering from post-traumatic stress disorder (PTSD). Triggered by the sudden death of her

BY ALICE RYAN

Email: editorial@newmarketweeklynews.co.uk

mother, when Verity was just 18, the symptoms spiralled over time; by the age of 20, PTSD totally dominated her life.

"I had no life, no social life at all," she admits. "Trying to have a social life when you have PTSD is like running for a bus when you've got a broken leg: there's no point even trying."

"I just wish I could go back in time and tell myself 'It's all going to be okay'. I'm finally able to live the kind of life I want to, not the life dictated to me by some illness. And I never, ever thought that was going to be possible."

Sitting in a Cambridge café, cradling a coffee cup in her hands, Verity admits she has been through some very dark times. But, smiling, she says those times are – for the most part, at least – far behind her; she is happier and healthier now than ever.

With both a first-class literature degree and an MA to her name, Verity is currently working on her debut novel, *The Missing*; already an award-winning author, she was given an Arts

Council grant to write it. She has a partner, Gabriel, whom she adores. And she is fronting *Time to Change*, a national awareness campaign designed to destroy the stigma surrounding mental ill-health.

"It's important for people to realise that mental illness is exactly that, an illness," explains Verity. "For a long time I didn't know I had an illness; I thought it was just life, that's what life was like... Now I know it's a clinical problem – which you can come through. Realising that made it so much more manageable."

"I also want people to realise that mental illness can happen to anyone. It doesn't matter who you are: it can happen to anyone, at any time. It's not something to be ashamed about."

Statistics show that one in four people will experience mental health problems at some stage in their lives. Yet research shows there is still a stigma attached to mental illness, described by *Time to Change* as "a lingering taboo and one of the greatest social injustices".

Verity says her mental health problems date

back to childhood. With her father in the Navy, her family moved around a lot – which meant constantly changing schools. Badly bullied wherever she went, sometimes physically, by the age of 14 Verity says she was a mere shadow of herself.

"Over a period of about five years I went from being quite a vivacious child to being completely introverted and morose with no self-esteem whatsoever," she remembers. "It wasn't one group of people who bullied me; everyone did it. I was just one of those people who attracts it, I think. I thought it was a normal part of life."

Although it wasn't diagnosed at the time, Verity now believes she was battling clinical depression. "I was very anxious all the time," she explains. "I couldn't sleep – sometimes I didn't sleep for a week – but there didn't seem any point in waking up in the morning."

Verity went to the GP, only to be given sleeping tablets. And she says her teachers were less than supportive; a few even joined in with the bullies' taunts. But her mum was, Verity adds, "incredible": having experienced bullying

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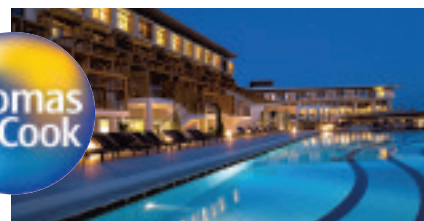
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herself, she counselled her daughter and gave her advice to help her cope.

Verity got a place at Anglia Ruskin, Cambridge, to do a degree in English literature and writing. Her ambition was always to become an author; things seemed, at that moment, to be looking up.

Then, just days before she was due to start uni, Verity's mother died. She suffered from a rare genetic disorder called Marfan's Syndrome: affecting the body's connective tissue, it can cause weakness in the heart, blood vessels, lungs, eyes, bones and ligaments.

An inherited condition, Verity too has Marfan's. It is, she explains, very rare – only one in 5,000 people in the UK have the syndrome. If monitored closely and treated properly, people with Marfan's can live long and healthy lives. But Verity's mum suddenly fell ill; after a week's stay in hospital, she returned home and died the same night.

An only child, Verity says it was "very traumatic, completely out of the blue". From that night onwards, she began to experience the crippling panic attacks and terrifying flashbacks which eventually led to her diagnosis with PTSD.

"I was in a very deep hole of depression at the time," continues Verity. "By then I was suffering from anorexia though, again, at the time I didn't know that's what it was. I

was very, very thin, emaciated. It was my way of coping, I think: I had no control over anything else in my life, so I took control of my body."

Verity is more than 6ft tall; when her anorexia was at its worst, her weight plummeted to little over eight stone.

Although she missed out on freshers' week, after her mum's funeral Verity decided to take up her uni place. Passionate about literature, and Victorian prose and poetry in particular, she threw herself into her studies.

Still mired in depression, anorexia and the symptoms of PTSD, Verity says she was "very much a loner". But, thanks to the support system at Anglia Ruskin, she was offered counselling – which she took.

"It took her a year and me a year for me to say I had a problem with food," says Verity, then referred to see an eating disorders specialist. "I explained what had been happening to me and they said 'Hang on a second, that sounds like post-traumatic stress'. Suddenly, it all started to make sense."

An anxiety disorder, PTSD is described as a severe and ongoing reaction to extreme psychological trauma; although most people encounter trauma during their lifetimes, only about eight per cent develop PTSD.

Prescribed a combination of anti-depressant medication and therapy, Verity read

all she could about the disorder. Realising it was an illness, not an integral part of herself, was, she adds, a real turning point.

"There is a stigma surrounding anti-depressants," Verity continues. "But they don't knock you out and take everything away: they gave me the ability to help myself. And having someone tell you that other people have this thing, that you're not alone – that made a real difference."

Another big turning point was, adds Verity, meeting Gabriel online. The couple live in Cambridge and have been together for three years.

"I thought I was the lowest of the low and he taught me that I'm someone who's okay to hang around with," smiles Verity. "He started to mend my self-esteem. And he recognised what was the illness and what was me; he saw who I really was."

Verity still takes anti-depressants and admits that she has the odd bad day. "I still have hard days sometimes, and I still miss my mum. But, in lots of ways, my life is better now than ever."

"Back when I was really ill, if I'd read about someone who'd been through the same kind of thing – and come out the other side – it would have helped me enormously," adds Verity. "I want people to know that you can get through it and can come out the other side – better than you've ever been."

■ To find out about Verity's writing – including her debut novel, *The Missing* – go to www.verityholloway.com

■ For more information about Time to Change visit www.time-to-change.org.uk

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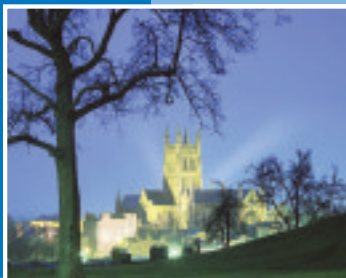
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Planning for future growth

The scale of the new town of Northstowe, a 9,500-home settlement to be dropped onto the Cambridgeshire countryside, shocked many county residents when the plans emerged.

But Northstowe would be dwarfed by some of the proposals set out by the East of England Regional Assembly (EERA), which is asking the public for its views on four different approaches for housing and economic growth between 2011 and 2031.

The scenarios include one that envisions new towns of 20,000 homes in Huntingdonshire and possibly the Saffron Walden area, and another that would bring 26,400 new homes to Cambridge between 2011 and 2031 – that is 1,320 new homes for each of those years.

BY JOHN MORGAN

Email: editorial@newmarketweeklynews.co.uk

Mark Vigor, head of strategic planning for Cambridgeshire County Council, believes these scenarios will create a need for extra investment in transport, schools and community which cannot be met.

He feels the only viable option is Scenario 1, close to existing targets for growth, which plans for 3,610 homes across Cambridgeshire each year.

Mr Vigor said: "We have got a clear view that we don't think we can take growth at a much faster rate than we have already committed to."

"There would need to be investment in infrastructure (in the other scenarios) and we don't know where that would come from."

"Large new settlements, which in our view would not be sustainable, would create

more traffic and travel as people commuted down to London."

Mr Vigor said Cambridgeshire already has a "good plan" for growth, including Northstowe, which will cover much of the timescale being looked at by EERA.

He added: "The expansion of Cambridge that we've already planned for, which requires quite significant areas from the greenbelt and requires the development of Cambridge airport, we don't think will be completed probably for at least 13 to 15 years."

"We really think we should be focused on making sure that (the existing plan) works before committing ourselves to growth beyond that."

"Local communities are concerned about the impact of growth."

Mr Vigor said 4,000 new homes were built in Cambridgeshire in 2007/08, with that number dropping to

Local authority	New dwellings 2011-2031			
	If current targets remain	If a new town was built in Hunts	Based on jobs growth	Based on population trends
Cambridge	19,200	22,200	26,400	13,000
East Cambridgeshire	7,760	7,760	12,360	15,000
Fenland	10,520	10,520	10,520	16,000
Huntingdonshire	11,080	24,080	17,960	24,000
South Cambridgeshire	23,600	26,600	23,920	19,000
Total	72,160	91,160	91,180	87,000

2,800 in 2008/09 as housebuilders felt the pressure of the recession.

The most ambitious EERA scenario plans for 4,560 every year.

The public's views on the four scenarios are part of a review of the East of England Plan. The current plan only covers regional planning policy to 2021, so the review aims to extend that to 2031, considering jobs and homes targets, locations for new development, transport needs and targets to reduce greenhouse gas emissions.

Cllr Derrick Ashley, chairman of the EERA regional planning panel, said:

"We need to plan for new homes so that first-time buyers, young families and others in housing need can buy or rent a home at a price they can afford. Businesses also need the confidence to

invest in our region.

"But we also want to protect the environment and the quality of life for existing and future residents of the East of England. New development must be appropriate and supported by Government investment."

Sian Reid, executive councillor for climate change and growth on Cambridge City Council, said the city council is very concerned about further expansion, and added: "There just isn't any part of the greenbelt around Cambridge suitable for development. Sites have been tested and found wanting already."

"We ought to be focusing on delivering the 2006 growth agenda agreed especially on devising transport solutions which will not spoil what is best in Cambridge. The historic core can't take yet

more transport overload. Its air quality has worsened in the last few years due to the number of buses going through the city centre."

"And we need government to join up its transport and housebuilding departments and start funding things properly."

Cllr Ian Bates, leader of Huntingdonshire District Council, said it was "extremely premature and really just not helpful" to be discussing a 20,000-home new town in the area.

He questioned the need to plan to 2031, "bearing in mind the current economic situation".

Cllr Bates said Huntingdonshire has already committed itself to a growth report covering the period up to 2026, suggesting the extra planning is being demanded by Government "force".

Big Hair gets 'em dancing

THE sounds of the 60s and the era of flower power were brought to life at a concert in Newmarket.

Tribute act Big Hair ensured the dance floor at the Memorial Hall was full when the trio performed hits from the 60s, 70s and 80s with outfits matching each decade.

The concert is the first involving tribute acts which the town council has organised as it is not running the Battle of the Bands contest this year. And its success means more tribute acts could soon be appearing in the town.

Isabelle Barrett, town clerk, said: "It went very well and we are very pleased with the attendance."

"There was a variety of age groups and some residents came dressed in 70s gear. "Big Hair got everybody up dancing."

"There was a great atmosphere and the dance floor was never empty."

Safety team at market

THE Newmarket Safer Neighbourhood Team (SNT) will be available from 10am to 2pm to talk to residents at their stall in Market Square during this Saturday's market.

The SNT will also hold a surgery on Tuesday in the Guineas shopping centre from 10am until noon.

Money matters – and we can help

WHETHER you've got none, want some or have plenty, you can't afford to miss our new series all about money.

Working in partnership with Barclays Money Skills, the *Weekly News* today launches a new project to help readers make the most of their finances.

The project will:

- help families save money off their household bills and living costs;
- give practical advice and tips for making the most of your money;
- aid young people as they set off for university or embark on a career; and
- highlight the work of charities, groups and entrepreneurs in our

community.

Nigel Brookes, editor of the *Weekly News*, said: "We are delighted to be working with Barclays Money Skills on this project, which we hope will make a real difference to people."

"With all sections of our community facing the challenges posed by the difficult economic climate, this is the perfect time to be talking all about money."

Marie-Claire Berreen, Barclays' community investment manager for the region, said: "Barclays Money Skills programme is helping people in the UK to manage their finances more effectively. We're helping people including schoolchildren, young people leaving care, older people and the homeless to understand



New project: at the launch are Neil Price, branch manager at Barclays in Chesterton Road, Cambridge, left, and Mark Kerr, relationship director for Barclays Commercial in Histon.

Picture: Dave Harwood 594721.

and use basic financial skills such as managing a budget and how to prioritise spending.

"Working with money every day means we've got a lot of financial knowledge to share, so to make the biggest

difference we can we support our staff in volunteering to deliver interactive Barclays Money Skills activities in local schools and charities.

"To find out more, visit www.barclays.com/community."

Postal workers give strike good support

POSTAL workers have supported a strike well, according to a trade union.

A 24-hour stoppage by workers at Cambridge's Henley Road delivery office, Ely's delivery office and in Soham, Haddenham and Isleham, ended at midnight on Monday.

The stoppage was in protest at new working conditions being introduced by Royal Mail, which the Communication Workers Union (CWU) says will lead to later deliveries for customers.

Steve Butts, area delivery rep for the CWU, said: "Both in Cambridge and Ely we've been well supported. We've had only a handful in each office going to work."

The CWU says Royal Mail wants to cut 43 jobs in Cambridge and 17 in Ely, leading to later deliveries. Postmen will also be ordered to walk at 4mph.

Asked if there would be further stoppages, Mr Butts said: "It is hard to say. It will be determined at national level. We are being balloted for a national stoppage now."

Royal Mail says it is "getting on with modernisation in an entirely fair and reasonable way which is completely in line with our existing agreement with the union on flexible working practices".

New additions pour in to beer lovers' bible

PUBS that serve a decent pint of ale have been recognised in a "beer lovers' bible".

The latest edition of the *Good Beer Guide*, from the Campaign for Real Ale (Camra), features 14 new entries from Cambridgeshire.

Members of Cambridge and District Camra selected the pubs included from their area.

Paul Ainsworth, pubs officer for the branch, said: "It was exhaustive research throughout the year, selflessly taking ourselves into as many pubs as we could to give the benefit of our findings."

The Affleck Arms in Dalham is one of the newcomers to the guide.

Among other Cambridgeshire newcomers are the Carlton Arms, Elm Tree and Mitre in Cambridge, and the Town House in Ely.

New entries for village pubs include the Crown in Linton, the Plough in Little Downham, the Chequers in Pampisford and the Duke of Wellington in Willingham.

Only pubs serving a "consistently high standard of real ale" were included.

The pub trade has hit hard times recently, with the recession, the

smoking ban and cheap supermarket booze raising fears the British local could be in terminal decline. But Mr Ainsworth believes some pubs are still thriving – and real ale is the key.

He said: "Customers are looking for something that makes going to a pub worthwhile and draft real ale is something you can only get in a pub, something that gets people off their sofas."

Mr Ainsworth added: "It is the good beer lovers' bible, really. Many of us take it with us wherever we go."

The guide features details of more than 4,500 pubs nationwide.



Welcoming inn: the Affleck Arms, Dalham, dates back to the 16th century, boasting original beams, an inglenook fireplace, two cask ales from local micro breweries and "exceptional and very well priced home-cooked food", says the guide.

Paramedics take to road

STUDENT paramedics who have passed their training courses will soon be taking to the roads of Cambridgeshire and Suffolk.

Nine new student paramedics will be working in the Norfolk, Suffolk and Cambridgeshire division. Having passed their 13-week training course, they will now work with experienced members of staff for the next 12 months before becoming fully qualified.

Course director Robert Grogan said: "I am sure the new student paramedics will provide an excellent level of care for the people they will be called upon to help."

Seminar on NHS staff

IMPROVING the health and wellbeing of NHS staff in the East of England was the aim of a seminar.

The event, co-hosted by the East of England Strategic Health Authority, was held in Cambourne.

Dr Steve Boorman, who is leading the NHS Health and Wellbeing Review, said: "Putting staff health and wellbeing at the heart of how the NHS operates will not only help improve the working lives of 1.4million people, it will make significant financial savings and improve outcomes for patients."

Lorry plan for base

A NEW entrance for lorries is planned at the Lakenheath American Air Force base.

The new entrance at the base would include a search building and parking for vehicles waiting to be searched. In the past, illegal immigrants have been found in lorries calling at the base.

The new entrance would be at the base's Gate 8 on the A1065 Brandon Road nearly a mile from the present main entrance.

Plans have been submitted to Forest Heath District Council by the Defence Estates organisations.

Car clammer strikes during shop delivery

A BUSINESSMAN has complained that his car was clamped in a shop's service yard – while he was making a delivery.

Tony Winchester had delivered greeting cards to The Factory Shop at Mildenhall when he returned to find a clammer fixing a device to the wheel of his Ford Mondeo estate.

Mr Winchester, 61, had to pay a £150 fee to release the clamp – plus a £7.50 surcharge for using his credit card.

He said: "I've been going to the shop and parking in the same area

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

every fortnight for the past eight months.

"I was only in the shop for about half an hour and came out carrying a box of greeting cards, so it was obvious that I had been making a delivery.

"But the clammer said he had started the process and couldn't do anything about it."

Mr Winchester, from Ely, said he had appealed against the fee to the clamping firm, White's Car Park Solutions, based in Southampton,

but had not received a reply.

He said he understood others to have fallen victim to the "over-zealous" clammer had included a member of staff at one of the shops and a market trader loading his vehicle.

Mr Winchester said he had now been told he had to call the shop before he was due to make a delivery so that staff could meet him and issue him with a temporary parking permit.

Although there are new signs warning people that they could be clamped for unauthorised parking, he said the action was going too far.

Newmarket Weekly News regional round-up

Help us keep you informed. We want your news. If your village or club is planning an event, let us know. If your organisation recently had an interesting meeting, let us have a report. Write to John Goode at *Newmarket Weekly News*, 15 High Street, Newmarket, CB8 8XL or send an email to editorial@newmarketweeklynews.co.uk

Mildenhall

RACES on the track at the Riverside Middle School brought large numbers of cyclists to Mildenhall over August bank holiday weekend.

Many families are among the many who stay in tents and caravans on the fields adjacent to the arena.

Some had a look in at the Bullfest at Barton Mills, on the Saturday, while many others were made welcome at All Saint's Church at Worlington.

■ There were no major meetings at the parish council at Mildenhall in August, but the last week of the month saw three sessions taking place – the first being a planning committee meeting on Tuesday, August 24.

On the Thursday evening, chairman Brian Sulman chaired a group of members who had a brain-storming session. And on the Friday, another specially convened group of members continued discussions on the needs of the examiners in respect of Quality Parish Status.

■ Barton Mills' Bullfest, on bank holiday Saturday, was a huge

success. Well organised by the owners and staff of the Bull Inn, musical aficionados were treated to eight bands, two being local. All earned warm approval from very large crowds.

Coupled with a range of food and liquid refreshments, there were clearly good reasons to hope the event will continue, not least because the two local charities will benefit from their splendid efforts.

■ Members of the Mildenhall Probus Club heard a talk on Caister Lifeboat. The club meeting was due to welcome David Hughes to speak on the subject of special education.

Two weeks later club member, John Barker, having returned from an American holiday, will talk about Five Hours Behind.

■ After the Deanery barbecue on September 27, arranged by St Peter's (West Row) church folk, members of Mildenhall area churches will look to invite neighbours to their own services. At 'Back To Church Sunday', it is hoped friends and neighbours will be invited to join Sunday worship.

John Barker



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WEEKLY NEWS THE GUIDE

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– Page 19
- What's showing on the big screen
– Page 19
- All the weekend's TV viewing at a glance
– Page 21

Brydon ready to get personal with couples in the front row

ROB Brydon has done everything in comedy. He has headlined in his own numerous, hit TV series (*Rob Brydon's Annually Retentive*, *The Keith Barret Show*, *Marion and Geoff*, *Human Remains*, *Director's Commentary*) and he has starred in massively popular sitcoms and sketch shows (*Gavin and Stacey*, *Little Britain*, *Supernova*).

He has had roles in highly regarded comic movies (*A Cock and Bull Story*, *24-Hour Party People*) and has recently replaced Angus Deayton as the host on BBC One's *Would I Lie To You?*

And after the hugely successful first leg of his sell-out nationwide tour earlier this year, Rob is back on the road.

He is a rare example of a comedian who is as funny off stage as on it. He is a dazzling entertainer and an hour spent in his presence simply flies by. The air is replete with laughter throughout the interview. It's like being treated to a comedy performance for a specially invited audience of one. It's an absolute privilege.

The comic, 43, is thrilled by the prospect of going back on tour.

"I'm really excited about doing it all again," beams Brydon, who has just finished filming the third series of James Corden and Ruth Jones' multi-award-winning sitcom, *Gavin and Stacey*.

"It's easier to perform as Keith because his views are set, and I'm not always sure what I think about things! But I've really enjoyed being myself on stage."

"The live show is just me talking. I like that natural feeling of me simply chatting to the audience. I try to make the show personal and conversational. In general, I don't talk too much about my family. But I wanted to give this show a sense of truth and authenticity, and I was keen to talk about the things that really matter to me. So in the show I talk, for instance, about the birth of my son. He arrived nine days early and came pretty quickly, so it had to be an unplanned home birth. It was very nerve-racking!"

But

Flexible: Rob Brydon's voice can make anything sound good, he says. "Hi, I've got herpes! Doesn't that sound great?"

Brydon is not just chatting about his family. He ranges over a whole array of subjects. He contemplates, for example, the joy of voiceovers. "I talk about how ludicrous it is doing voiceovers for products such as Toilet Duck. I also discuss how having a very flexible voice has been a great help to me over the years. I can make anything sound good. 'Hi, I've got herpes!' Doesn't that sound great?"

In the show, Brydon also tackles many of the thornier problems of the day, such as youth crime.

"I don't want to sound like a *Daily Mail* editorial," he laughs, "but I do think this is a really important issue. I would never advocate violence – I'm a very un-violent person. I've never had a fight in my life."

Another subject which Brydon mines to great comic effect in the show is his native land.

"I married an English girl, so our family is half English and half Welsh, and they have very different responses to everything," muses the comedian, who studied at the Welsh College

of Music and Drama. "The Welsh have a very emotional side, and we always view everything with a great sense of drama."

Brydon recently made *Rob Brydon's Identity Crisis*, a BBC documentary about his attitude to Wales.

"Before producing the documentary, I had a nagging sense of disenchantment with Wales," admits the comic. "I'd been away a long time and had begun to see Wales in a negative light."

"But spending time there again for the documentary made me remember the things I love about Wales. I realised what a huge part of my life it is."

"There's never been a better time to be Welsh – there's Duffy, *Gavin and Stacey*, *Torchwood*, *Doctor Who* . . ."

Brydon is at pains to emphasise the enormous contribution that *Gavin and Stacey* has made to changing people's perception of Wales.

"It's had a huge effect," he reflects. "It's made Wales much more palatable to a very wide audience."

"In the past, Welsh sitcoms have never made it on to the national network. But *Gavin and Stacey* presents a very authentic view of Wales. It shows that there is much more to the country than the lazy stereotype of rugby, sheep, Shirley Bassey and choirs."

So this is one Welshman who is really fired up about touring, and determined to put on a blinding show. One word of warning, though: If you're a couple sitting near the front of the auditorium, Rob has got you in his sights. With a wicked chuckle, he cautions that, "like Keith



Barret, I'm going to be chatting to the audience about their relationships. I'll see if I can drive a wedge between them."

"If couples haven't split by the end of the evening, I won't have achieved my aim!"

And with that, Rob Brydon lets out another long, loud laugh.

■ **Rob Brydon, Cambridge Corn Exchange, Wednesday, September 23, at 8pm. Tickets £18.50. Contact: (01223) 357851/www.cornex.co.uk. Rob will also play a second date at the venue on November 27.**

Leisure or events news? email paul.kirkley@cambridge-news.co.uk call (01223) 434448

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THEGUIDE

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Operatic quartet

FIGARO Opera's intimate productions have become a popular feature of the Cambridge calendar.

This autumn the company presents a sparkling showcase of highlight scenes from four great operas – Mozart's *The Magic Flute* and *Così fan Tutte*, Verdi's *Don Carlos* and Puccini's *La Bohème*.

The programme includes some of the best-loved scenes in opera, including some favourite arias and ensembles. The scenes are entertaining for opera aficionados and an ideal introduction for those new to the art.

The production will be held at Emmanuel United Reformed Church in Trumpington Street, Cambridge, on Friday, September 25, Saturday, September 26, Friday, October 2, Saturday, October 10 and Friday, October 16, at 8pm.

Tickets are £15 (£10 under 18s) and are available on (01223) 357851.

For further information phone (01799) 530463 or visit www.figaroproductions.co.uk

Passionate Ladysmith

THE multi-Grammy award-winning Ladysmith Black Mambazo will kick off their longest ever UK tour at the Cambridge Corn Exchange next month.

Their chorus of powerful harmonies emote the struggles and passion of South Africa. After they employed their music to celebrate the end of the apartheid era, Nelson Mandela called Ladysmith "South Africa's cultural ambassadors", following his release from prison.

The group, best known for their work with Paul Simon on *Graceland*, sings a cappella isicathamiya and mbube music in which loud, powerful choruses contrast with softer, almost whispering chants where voices blend harmoniously, combined with tightly-choreographed dance moves that keep the singers on their toes.

They will be at the Corn Exchange on Thursday, October 15, at 7.30pm and tickets are £25. Call (01223) 357851 or go to www.cornex.co.uk

Gosh, it's eclectic sounds from Oi Va Voi!

GLOBETROTTING

collective Oi Va Voi puts down roots in Cambridge later this month for an evening of eclectic musical sounds mixing Balkan and klezmer music with jazz, hip-hop, rock and drum 'n' bass.

The band was formed at the start of the decade

when six London musicians decided to pool their diverse musical backgrounds and "set out on an unknown voyage of musical discovery".

Their first album, 2003's *Laughter Through Tears* received rave reviews and went on to win two gongs at the BBC

World music awards.

Two albums and two singers later, the lead vocal role has gone to British-Ghanain singer Bridgette Amofah, who brings elegance, style and flair to the show.

'Oi Va Voi' means 'Oh My Gosh!' in Yiddish – a nod to the band's cultural

heritage, and the inclusion of a frenzied Jewish wedding dance that is one of the highlights of their live show.

Oi Va Voi will be at The Junction in Cambridge on Wednesday, September 23. Tickets are £11. Phone (01223) 511511 or go to www.junction.co.uk

Monologues: it's all about gossip!

BY LEANNE EHREN

THE revolutionary play that has had women – and men – giggling, cringing and crying at some of the most upfront and honest stories ever heard in theatre returns to Cambridge later this month.

Celebrating its 10th anniversary, *The Vagina Monologues*, based on writer Eve Ensler's *Vagina Interviews*, sees the cast and audience sharing stories about the life of ladies' "down below" bits, from the loss of virginity to the trauma of a birth.

An adventurous and witty piece of theatre, *The Vagina Monologues* has been performed by an impressive list of celebrity females, including Kate Winslet, Whoopi Goldberg, Glenn Close, Sophie Dahl, Gillian Anderson and hundreds more. The Cambridge date had been scheduled to include Sally Lindsay and Lesley Joseph, but will now feature two soap Mandys – *Hollyoaks*' Sarah Jayne Dunn and *Emmerdale*'s Lisa Riley, plus Naomi Paxton.

"The brilliance of it is you're in a piece two hours long, but you get the chance to do maybe five or more different characters," says Lisa.

"It's really challenging. It's been done by so many different actresses you want to put your own stamp on it – and with this play you can take it anywhere you want."

Having performed the piece before, Lisa says it takes you on a journey you can reflect on as a woman.

"It's sort of liberating and you



Joining in: Lisa Riley, left, and Sarah Jayne Dunn.



CP

really get into it because once you've heard the speeches, you understand the journey it takes you on.

"You realise women love nothing better than talking together. It's that old cliché about Weight Watchers; women don't go to lose weight – they go to go to the pub afterwards and have a gossip – that's the truth.

"All the venues should get packed out for the one-night shows, so it'll be great for us.

"To be in the 10th anniversary cast is a real honour; it's really flattering."

The Vagina Monologues is for everyone, emphasises Lisa, but for women, it's that bit more meaningful: "It's the sense of girls getting together to have a natter and try to compare if they've had the experiences we describe in the

monologues. Have they experienced similar stories to ones we're talking about?

"More often than not women leave the theatre knowing they can relate to some part of the play and it's lovely they can become involved," she says.

So it's revolutionary for women, but is it for men?

"Men come to find out what we talk about when they're not there!" Lisa giggles.

"I'm sure they're intrigued, because I'm always wondering what boys talk about at the rugby."

■ **The Vagina Monologues, Cambridge Corn Exchange, Monday, September 21, 7.30pm. Tickets: £21/19. Contact (01223) 357851 or www.cornex.co.uk**

Cinema

NEWMARKET STABLE

(01638) 667200
Times from Friday, September 18, until Thursday, September 24.
The Young Victoria (PG): Sun & Mon 7.30pm.

BURY ST EDMUNDS

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Times from Friday, September 18, until Thursday, September 24.
Cloudy With A Chance Of Meatballs 3D (U): Daily 2.45pm, 4.45pm, 7pm; Sat & Sun 12.30pm; Sat 10.30am.

Cloudy With A Chance Of Meatballs (U): Sat & Sun 10.50am, 1pm, 3pm.
Gamer (18): Daily 2.45pm, 5pm, 7.15pm, 9.30pm; Sat & Sun 12.10pm.

Sorority Row (15): Daily 5pm, 7.20pm, 9.35pm; Daily except Sat & Sun 2.40pm.
Dorian Gray (15): Daily 3.30pm, 6pm, 8.30pm.

Julie & Julia (12A): Daily 2.30pm, 5.15pm, 8pm.
District 9 (15): Daily 4.15pm, 6.45pm, 9.15pm; Sat & Sun 1.45pm.

(500) Days Of Summer (12A): Daily 2.10pm, 4.15pm, 6.30pm, 8.45pm; Sat & Sun noon.
The Final Destination 3D (15): Daily 9.30pm.
Inglourious Basterds (18): Daily 2.45pm, 6pm, 9.15pm.

Aliens In The Attic (PG): Sat & Sun 10.45am, 12.45pm.

G-Force (PG): Sat & Sun 11am, 1.15pm.

Ice Age 3 - Dawn Of The Dinosaurs (U): Sat & Sun 12.15pm.

High School Musical 3 - Senior Year (U): Sat 10am.

Tinkerbell And The Lost Treasure (U): Sat 10am.

Night At The Museum 2 (PG): Sat 10am.

BURY ST EDMUNDS

HOLLYWOOD FILM THEATRE
(01284) 754477

Times from Friday, September 18, until Thursday, September 24.
Broken Embraces (15): Daily except Sun 7.30pm; Sat & Sun 2pm; Sat & Thu 5pm.

The Private Lives Of Pippa Lee (15): Daily

except Sun 7.30pm; Sat & Thu 5pm; Thu 2pm.
Aliens In The Attic (PG): Sat & Sun 2pm.

ELY

THE MALTINGS
(01353) 616991
Times from Friday, September 18, until Thursday, September 24.
Coco Before Chanel (Subtitled) (12A): Sun & Thu 7.30pm; Thu 3pm.

CAMBRIDGE

CINEWORLD
0871 200 2000

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Cloudy With A Chance Of Meatballs 3D (U): Daily 1.45pm, 4pm, 6.15pm, 8.30pm; Sat & Sun 10.30am, 11.30am, 12.45pm.

Cloudy With A Chance Of Meatballs (U): Sat & Sun 11am, 1.15pm, 3.30pm.

Gamer (18): Daily 12.45pm, 3pm, 5.15pm (subtitled Sun), 7.40pm (subtitled Mon), 9.45pm.

Away We Go (15): Daily 12.05pm, 2.25pm, 4.45pm, 7.05pm, 9.25pm.

Sorority Row (15): Daily 6.20pm; Daily except Sat & Sun 1.50pm.

Dorian Gray (15): Daily 1.10pm, 3.40pm, 6.10pm, 8.40pm; Sat & Sun 10.40am.

Julie & Julia (12A): Daily 1.30pm, 4.10pm, 6.50pm, 9.30pm.

(500) Days Of Summer (12A): Daily 2.10pm, 4.30pm, 7.45pm, 9.45pm.

The Final Destination 3D (15): Daily 3.15pm, 5.15pm, 7.15pm, 9.15pm.

Inglourious Basterds (18): Daily 8.35pm.

Aliens In The Attic (PG): Sat & Sun 11.50am.

G-Force 3D (PG): Daily 4.20pm; Sat 11.40am.

Ice Age 3 - Dawn Of The Dinosaurs 3D (U): Sat & Sun 1.45pm.

High School Musical 3 - Senior Year (U): Sat 10am.

Tinkerbell And The Lost Treasure (U): Sat 10am.

Night At The Museum 2 (PG): Sat 10am.

Crossword

2131

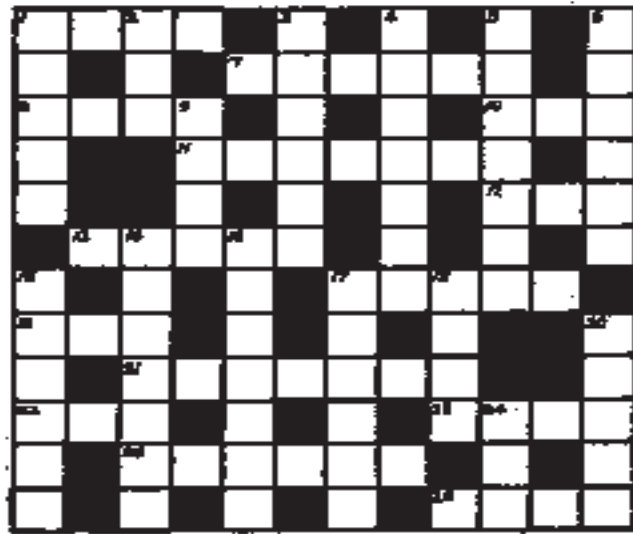
Across

1. Son in check for underclothing. (4)
7. Quicker to be one who stops eating? (6)
8. Genuine Shakespearean King exchanges sides. (4)
10. Container used right now to start with. (3)
11. Speech given with skill. (7)
12. Tone of boy when heard. (3)
13. Dull and expensive to cross river. (5)
17. Scrutinise a piece of music to develop skills. (5)

Down

19. Fish comes out of shelter, set back. (3)
21. Sailor, with no-one present, finds seafood. (7)
22. Diplomatic parking kept for dandy. (3)
23. Son approaches river with some dirty trick. (4)
25. Lasted out, being well seasoned. (6)
26. Monkeys found returning through dense paths. (4)
1. Drive furiously to meet composer. (5)
2. Singular father in watering hole. (3)
3. Steps to give snake to learner. (6)
4. Army upset having to entice to trial. (7)
5. Overwhelmed, a hundred ran. (7)
6. Athlete associated with Bow Street police. (6)
9. Mere crimson. (4)
14. With deterioration of condition, seer collapses going round circuit. (7)
15. Note about tale is friendly. (7)
16. The man provided queen with young cow. (6)
17. Push first of the lions with spade. (6)
18. Takes advantage of Sue's being upset. (4)
20. Affected single lives under canvas. (5)
24. Do better than that headgear. (3)

Solution to 2130 – Across: 1 Desert, 4 Scree, 8 Iron will, 10 Gel, 11 Survivor, 13 So so, 15 Rite, 16 Painting, 19 Ian, 20 Governor, 22 Grill, 23 Played. **Down:** 1 Dirge, 2 Still owing, 3 Roots out, 5 Col, 6 Entire, 7 Ewer, 9 Love thirty, 12 Virginal, 14 Spring, 17 Iced, 18 Knead, 21 Oil.



your stars with Russell Grant
Articles Nov 21 - April 08

Finding new uses for old resources makes you a popular figure. These days, everyone is opposed to waste. If you're looking for a job, you may want to explore opportunities related to helping an underserved part of the population.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Your sex appeal is irresistible to the people around you. You may be invited on a trip around the world. Although you're nervous, it's too good to pass up and the two of you seem to be one mind, particularly when it comes to principles.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Investing in property could create a source of steady income that allows you to enter into a more enjoyable line of work. If you want to buy a piece of property, you can negotiate a good deal with a lending institution.

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Tuesdays 10pm - 11pm

Artistic inspiration could come from a best friend, business partner, or lover. If you are struck by an idea, be sure and run with it. It is important to stifle while the iron is hot. You may have to cancel your plans so you can launch this project.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Money-making opportunities related to art, music, and entertainment are looking good now. You might find there's a big age difference between you and your colleagues and that will help you learn a lot from this group.

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An intense sexual attraction is too strong to ignore. You may be fighting this impulse because you're already in a relationship or you're overwhelmed by your present partner. Romance is rarely convenient. Decide what is best for you.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

You need to trust your heart, especially where a family matter is concerned. Recently, you've dredged up a lot of painful memories rooted way back in your childhood. Confronting the source of your pain will be testing but cathartic.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Someone could share some juicy inside information with you. Resist the temptation to spread the news. You could be being tested and by keeping quiet you will have shown just how loyal and trustworthy you are.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Being self-sufficient is a matter of creating a long term investment strategy. It isn't enough to cover your bills. You've got to put money into savings. Talking to a financial advisor could help. They can help your income stretch further.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

You're going through some profound changes. The process is scary but it is also empowering. If you've been thinking of going back to school or taking a trip, do it. People will think you are being irresponsible; you've always had such a hard work ethic.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Going on faith is your only option when it comes to a love affair. You can't follow your partner every single hour of every single day. If your amour says one thing but consistently does another, you have reason to be suspicious.

To hear more call 0905 333 6817
Tuesdays 10pm - 11pm

Exciting plans are in the works. A female friend who has experience in your desired industry will be especially supportive. Lean on her when you encounter difficulties. Some people will love your work, while others won't understand it.

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Theatre team spirit fused in the excellent *Viaticum*

THE cold hard truth of medieval life was brought home, in no uncertain terms, in Nomads production of *Viaticum* last week.

The brilliant writing and musical direction of Kerry La Porte's play for Petrichor Productions and Nomads could be seen at Newmarket's Kings Theatre.

It is set in 1349, in an abbey, and in and around the neighbouring village at the time of the Black Death, and audiences were treated to shows on Thursday until Saturday.

The story tells of how a community was hit, not only by the land-owning abbot's decision to turn over the land to sheep, thus robbing the village folk of their livelihood, but also the onset of the plague.

The drama begins with the brightness of a wedding, but fairly soon the scenes darken with hunger and pestilence. However,

REVIEW: JANCIS HARVEY

the superb writing of this piece brings in lightness and some humour, and deals with the individual lives of the people of this typical village of the time.

John Mitchell's Father Abbot sets the scene with his ruthless decision to give over the land to sheep, caring nothing for fruits of the land and the work of people.

Tim McCormick's, Brother Cadmus is the human face of the abbey, having once been a sailor, before entering holy orders, and his song *Only Human* is the hit of the show.

It is sung as an inspired trio, initially with Brothers Aidan and Dominic (Marc Kerr and Steve Nicholson), and as the finale, leaving the audience wondering just why we complain today about life in the 21st century.

Brother Dominic obviously loves Aidan with a love that Aidan cannot understand as his first love is for Rebecca Riley (Charlie



Hard truth: the cast of *Viaticum*.

CP

Avison) which is so beautifully expressed in, *If Only*, and Dominic's *You Must Appreciate* tells of his love for Aidan.

Charlie Avison takes on the role of Rebecca splendidly and takes on the aggressive John (Robin Bailes) in what could be a most disturbing, 'Adam's Rib'. There is a most moving scene between Rebecca and Papa Riley (David Dowle) with the song *When She Closed Her Eyes*.

The lighter moments are extremely sensitively placed in the buffoon-like character of Brother Ambrose (Jamie Maguire).

Hannah Riley, the battered wife of John, played by Kathy Bullock, has a most

emotional farewell with her sister Rebecca, before the village has to be burned and those, free of the plague, leave.

Throughout the unfolding, amazing drama, we have the spectre-life figure of Cornelius, (Kevin La Porte), the magician and harbinger of death, who is a convincing and powerful presence on stage, accompanied by his mimes of Agility, Cunning and Grace, (Arun Mistry, Liam Corbett and Louis Williams). These three masked characters, play such vital roles, not only as the mimes, but as expert scene shifters between scenes.

With other important roles included, the Kings Theatre 'team spirit' fused as always into an excellent presentation.

It was a truly emotional experience as a member of the audience to share this production with the whole company, which was directed by Steve Nicholson and produced by Kevin La Porte.

Viaticum, as well as being a magnificent show, worthy of any West End stage, is educational, compelling and instructive and really deserves to be seen by a wider audience.

Try your hand at growing late crops

YOU may still be reaping the rewards of all your hard work on the allotment or vegetable patch this year, but don't down tools just yet as there are winter crops which can be planted in autumn to fill the gaps.

Not only will new crops keep the soil covered over winter and help to suppress weeds, you'll have a bonus crop of quick-maturing vegetables before the winter closes in – while some are hardy enough to keep harvesting through until early spring. Others will get a head-start on spring-sown crops and should be ready several weeks early.

Which? Gardening, the Consumers' Association magazine, trialled a number of veg including onions, peas, beans and winter salads to see how they would fare planted in the autumn.

The trial, featured in the September edition of the magazine, found that garlic is a crop worth starting in autumn unless you've got cold, wet soil – in which case, wait until February.

Buy or order the bulbs now, but wait until November before planting them. Split the bulbs into individual cloves just before planting, about 15cm apart. Ease them into the soil, and make sure their tops are hidden or the birds may take them.

They should produce plants about 15cm tall before winter, which will be tough enough to



by Hannah Stephenson

survive the season, and you should be harvesting them by July. The garlic variety 'Solent Wight' was best in the magazine's last trial.

You can also plant onions in the autumn, spacing the sets 10cm apart in rows 30cm apart during October or November. These will overwinter like the garlic and should be dried off and ready to harvest in mid-July, a couple of weeks before spring-planted onions. Try the varieties 'Electric' and 'Radar'.

Peas and broad beans can also be sown in October and November, provided you choose a sunny, sheltered spot. Sow broad beans in double rows with 20cm between plants each way, to make it easy to support the plants in spring, by running string round the outside tied to posts at the corners.

With peas, dig out a shallow trench 3-4cm deep and at least 15cm wide.

Scatter seeds roughly 5cm apart each way. The plants should reach 15-20cm tall before they stop growing in mid-winter.

The traditional broad bean 'Aquadulce Claudia' is a safe bet,

but the small-podded 'Stereos' is also worth trying.

If you want salad all winter, go for the winter-hardy varieties. While you can sow them straight into the ground, you may have better results sowing them in modular trays or small pots inside this month to protect them from slugs and snails, and then plant them out in October and November.

Cover the plants with horticultural fleece to stop the pigeons feasting on them, and provide protection from hard frosts.

In 2008, *Which? Gardening* trialled a variety of winter salads, and most of them provided pickings of leaves from January to April.

Pick individual leaves or cut whole plants as soon as they are large enough until they start to bolt in spring.

Reliable varieties of hardy lettuce include the cos 'Winter Density' and the butterhead type 'Valdor'.

If you have seed left over from spring you may want to have a go and see what comes up.

You may have success if you make September sowings of carrots, beetroot, radish, turnip and kohlrabi, spinach and leaf beet.

Reliable types include the carrot 'Early Nantes', lettuce 'Little Gem' or 'Salad Bowl' and beetroot 'Boltardy'. Success will depend on the weather.

Give the area a good soaking several days before you sow, especially if the weather's been hot and dry.

Aim to harvest before the first severe frosts, or cover the crops with fleece to extend the season.

■ The full report is in the September issue of *Which? Gardening*, a subscription-only gardening magazine published 10 times a year.

For details on how to receive three issues of *Which? Gardening* for £3, telephone 01992 822 800 or visit which.co.uk

BEST OF THE BUNCH

- Liriope

Better known as lilyturf, this late-flowering evergreen looks a bit like a giant grape hyacinth, with its narrow, strap-shaped evergreen leaves and spikes of knobbly lilac flowers which bloom from September to November.

It makes good ground-cover under shrubs or can be used as edging in the herbaceous border, but it is invasive so watch where you plant it and limit its spread by lifting and dividing the clumps every few years.

The most common type is *L. muscari*, which grows to around 30cm.

Most varieties are mauve or violet, but you can get the white variety 'Monroe White' and another with gold-splashed leaves, 'John Burch'.

The plants will thrive in sun or light shade in any lime-free garden soil.

Annual General Meeting

Cambridgeshire Primary Care Trust (PCT) is holding its **Annual General Meeting** at 6.30 pm on

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SATURDAY

BBC1	BBC2	ITV	CHANNEL 4	five
6.00 Breakfast.	6.00 CBeebies: Me Too!	6.00 GMTV.	6.00 The Hoobs.	6.00 Sunrise.
10.00 Saturday Kitchen.	6.20 Balamory.	9.25 CITV: Horrid Henry.	6.30 Yo Gabba Gabba.	7.00 Angels of Jarm.
11.30 Eating in the Sun.	6.40 Bits and Bobs.	9.40 Scratch 'n' Sniff's Den of Doom.	7.00 World Sport.	7.05 Bop Box.
12.00 BBC News; Weather.	7.00 CBBC: Dennis and Gnasher.		7.30 British Formula 3 International Series.	7.10 Elmo's World.
12.15 Football Focus.	7.25 Sportsround.	10.10 FILM: Swallows and Amazons (1974). Six children get caught up in a series of escapades while boating in the Lake District.	8.00 The Morning Line.	7.30 The Milkshake! Show.
1.00 Live Athletics. The Great City Games. Jonathan Edwards introduces this new competition from the banks of the Tyne in Newcastle.	7.40 What's New Scooby-Doo?		8.55 T4: The World's Greatest Pop Star: Contenders.	8.00 Noddy in Toyland.
	8.05 Gimme a Break.	11.55 ITV News and Weather.		8.15 Adventures of Bottle Top Bill.
2.30 Live Davis Cup Tennis. Great Britain v Poland. Coverage continues on BBC2.	8.35 Wolverine and the X-Men.	12.00 Who Wants to Be a Millionaire? Celebrity.	9.25 T4: The World's Greatest Pop Star: Michael Jackson. Tribute to the King of Pop.	8.35 Rupert Bear.
	9.00 Skate Nation.	1.00 FILM: Agatha Christie's Murder in Three Acts (1986). Belgian detective Hercule Poirot investigates the death of a fellow guest at a cocktail party.	10.25 T4: P Diddy's Starmaker. Fourteen singers compete for a record deal.	8.50 Harry and His Bucket.
4.30 Final Score.	10.00 My Almost Famous Family.			9.00 Olivia.
5.20 BBC News; Regional News; Weather.	10.30 The Legend of Dick & Dom.	2.45 FILM: Chitty Chitty Bang Bang (1968). An inventor saves an old car from the scrap heap to find it has magical powers. Children's adventure, with Dick Van Dyke.	12.20 T4: Beyoncé: Video Exclusive.	9.15 Little Princess.
5.40 As Seen on TV.	11.00 The Story of Tracy Beaker.		12.25 T4: Rockcorps 2009.	9.30 Mr Men Minis.
6.10 Walk on the Wild Side. A bird pays his own tribute to Michael Jackson and Santa's team of reindeer is hit by redundancy.	11.30 Animals at Work.	5.30 News and Weather.	12.40 T4: Scrubs. Dr Cox discovers he is still legally married.	9.35 Bert and Ernie.
	12.00 BBC Switch: The Cut.	6.00 People Do the Funniest Things Abroad.	1.10 T4: Bestival: T4 Special. With Mika, Lily Allen and Little Boots.	9.45 Mist: Sheepdog Tales.
6.40 Merlin.	12.25 BBC Switch: Off the Hook.	7.00 The Cube.	1.45 Channel 4 Racing.	10.00 The Grid.
7.25 Strictly Come Dancing. The first eight celebrities return with a Latin routine.	12.55 BBC Switch: The 5.19 Show.	8.00 The X Factor. The judges celebrate 100 shows of The X Factor and give their verdicts on more solo acts and groups trying to earn a place in the boot-camp stage of the talent contest.	3.55 Come Dine with Me. Celebrity edition. Five instalments of the culinary competition.	10.30 NFL.
9.05 The National Lottery Draws.	1.10 BBC Switch: Chartjacks.	9.15 FILM: Casino Royale (2006). James Bond pursues an international criminal responsible for financing the world's terrorists. Starring Daniel Craig.	6.30 Channel 4 News.	11.30 The Gadget Show.
9.15 Casualty. The remaining trainees deal with the recent tragedy in their own ways as Adam splits them up.	1.15 BBC Switch: Kyle XY.	11.05 ITV News and Weather.	7.00 FILM: The Lord of the Rings: The Fellowship of the Ring (2001). An unassuming hobbit is plunged into a battle against the forces of darkness when his uncle bequeaths him a magical ring of immense power. The first part of Peter Jackson's epic fantasy trilogy based on JRR Tolkien's novel.	12.30 Fifth Gear.
10.05 BBC News; Weather.	2.00 Film 2009 with Jonathan Ross.	11.20 FILM: Casino Royale (2006). Concluded.	10.15 Red Riding. First of three dramas about police corruption and mistrust in Seventies and Eighties Yorkshire.	12.45 FILM: The Big Valley: Flight of the Lost Souls (1968). Western.
10.30 Match of the Day. Highlights of today's Premier League clashes.	2.30 Animal Park.	12.15 Cheryl Cole Video Exclusive: Fight for This Love.	12.20 4Music: Bestival 2009.	
11.40 The Football League Show. Highlights from today's fixtures in the Championship, League One and League Two.	3.00 Strictly Come Dancing.			2.45 FILM: Torpedo Run (1958). World War Two adventure.
12.55 Friday Night with Jonathan Ross.	4.30 Live Davis Cup Tennis. Great Britain v Poland.			4.35 FILM: The Naked Spur (1953). Western.
	5.30 Saving Britain's Past.			6.20 Five News.
	6.00 FILM: Carry On Matron (1972). Comedy.			6.25 NCIS.
	7.30 Dad's Army.			7.15 NCIS. The investigators head for Cuba to look into the mysterious death of a Navy translator.
	8.00 Montezuma.			8.15 CSI: NY. A man is found dead on Brooklyn Bridge with a stab wound to the chest.
	9.00 Have I Got a Bit More News for You.			9.15 CSI: Crime Scene Investigation. The murder of a federal agent at a petrol station is investigated.
	9.40 Mock the Week.			10.15 Law & Order: Special Victims Unit.
	10.10 The Last Nazis. Two film-makers track down surviving Nazi war criminals.			11.15 The FBI Files.
	11.10 Shooting Stars.			12.15 SuperCasino.
	11.40 FILM: Stark Raving Mad (2002). Comedy.			
	1.15 FILM: The Joy Luck Club (1993). Drama.			



Merlin
BBC1, Saturday, 6.40pm



All Star Family Fortunes
ITV, Sunday, 7pm



Kevin McCloud's Grand Tour
Channel Four, Sunday, 9pm



Cricket on Five
five, Sunday, 7.15pm

SUNDAY

BBC1	BBC2	ITV	CHANNEL 4	five
6.00 Breakfast.	6.00 CBeebies: Me Too!	6.00 GMTV.	6.15 The Hoobs.	6.00 Sunrise.
7.15 Match of the Day.	6.20 Balamory.	9.25 CITV: Paz.	6.40 Yo Gabba Gabba.	7.00 Angels of Jarm.
8.30 The Andrew Marr Show.	6.40 Bits and Bobs.	9.35 Supernormal.	7.10 FIA GT3 Championship.	7.05 Milkshake! Bop Box.
9.30 Great North Run. Sue Barker introduces live coverage of the half marathon between Newcastle and South Shields.	7.00 CBBC: Uncle Max.	9.50 Emu.	7.35 Freerolls on 4.	7.10 Elmo's World.
1.35 The Politics Show.	7.15 Chucklevision.	10.05 Planet Sketch.	8.05 Race Urban Adventure.	7.30 The Milkshake! Show.
2.35 'Allo 'Allo!	7.30 Gimme a Break.	10.15 Coronation Street.	8.35 The Track and Field Show.	8.00 Noddy in Toyland.
3.10 EastEnders. Omnibus.	8.00 Da Dick and Dom Dairies.	10.25 ITV News and Weather.	9.05 T4: Friends.	8.15 Adventures of Bottle Top Bill.
5.05 Lifeline.	8.30 MI High.	12.30 The Planet's Funniest Animals.	9.35 T4: Hollyoaks.	8.35 Rupert Bear.
5.15 Songs of Praise. Sally Magnusson travels along one of Britain's oldest pilgrimage routes, the Llyn Peninsula.	9.00 Undercover Dads.	1.05 The X Factor.	12.10 T4: 90210. Dixon encounters jealousy on the lacrosse team.	8.50 Harry and His Bucket.
	10.00 Something for the Weekend.	2.20 FILM: Columbo: Any Old Port in a Storm (1973). A vineyard owner kills his brother to protect his business.	1.10 T4: N-Dubz: Video Exclusive.	9.05 Olivia.
5.50 BBC News; Regional News; Weather.	11.30 Animal Park: Wild on the West Coast.	4.20 FILM: Goldfinger (1964). James Bond tracks down a ruthless gold smuggler intent on contaminating the bullion at Fort Knox. Starring Sean Connery.	1.15 T4: The World's Greatest Pop Star: Britney.	9.10 Little Princess.
6.15 Land Girls. Annie and Billy track down the uncaring GI who got Bea pregnant.	3.15 FILM: The First Great Train Robbery (1978). British period thriller, starring Sean Connery and Donald Sutherland.	6.30 News and Weather.	2.15 T4: Friends.	9.30 Roobarb and Custard Too.
7.00 Countryside. John Craven announces the 12 finalists in the photographic competition.	5.00 Rugby League. Action from the Super League play-offs.	7.00 All Star Family Fortunes.	4.45 Deal or No Deal.	9.45 Mist: Sheepdog Tales.
8.00 Antiques Roadshow.	6.00 Lost Land of the Volcano. Unusual courtship displays by birds of paradise.	7.45 The X Factor. The contestants have one last chance to impress the judges in the final audition show before boot camp begins.	5.30 Scrapheap Challenge. Teams are challenged to a game of blow football.	10.00 Snoobs.
9.00 Waking the Dead. One of two. When Eve finds evidence implicating her boyfriend in murder, Boyd promises to support her and help get to the bottom of the mystery.	7.00 Top Gear. The smallest car in the world.	9.00 Doc Martin. New series. Since calling off his marriage to Louisa, Martin has begun to question what keeps him in Cornwall and realises that if he is ever to escape, he must conquer the blood phobia that ended his surgical career.	6.30 Channel 4 News.	10.30 Everybody Hates Chris.
10.00 BBC News; Weather.	8.00 Last Chance to See. Stephen Fry and Mark Carwardine search for the aye-aye lemur.	10.00 ITV News and Weather.	7.00 Atlantic Convoys: The War at Sea. Exploring how the Americans tried to win the naval war in the Atlantic.	11.00 Farmer Wants a Wife.
10.20 FILM: The Girl in the Park (2007) Premiere. A grieving woman becomes convinced a troubled 18-year-old is her missing daughter. Drama, starring Sigourney Weaver.	9.00 Dragons' Den: On Tour. The business experts head north.	10.15 Coldplay: The Sound Bank Show. Mervyn Bragg presents an in-depth profile of the band.	8.00 Celebrity Come Dine with Me.	12.00 Animal Rescue Squad.
	10.00 Match of the Day 2. Highlights of this afternoon's Premier League matches.	11.15 The Unforgettable Richard Bencekale. Profile of the Portico and Rising Damp star.	9.00 Kevin McCloud's Grand Tour. The presenter embarks on a Grand Tour-style journey across Europe, beginning with a re-creation of architect Inigo Jones's trip from Paris to Venice.	12.20 Fast & Furious: Original Parts – New Model. Behind the scenes of the film sequel.
12.10 Sign Zone: A World of Pain: Meera Syal on Self-Harm.	11.10 Great North Run. Highlights.	12.00 Premiership Rugby Union.	10.00 Red Riding. A senior police officer from Manchester is sent by the Home Office to review the Ripper investigation.	12.55 FILM: Duel (1971). Thriller.
	11.40 FILM: Bedazzled (1967). Comedy, starring Peter Cook.		11.55 My Name Is Earl. Joy falls out with her lawyer.	2.45 FILM: Cannonball Run II (1983). Car-racing comedy.
	1.20 BBC News.			4.50 Five News.
				4.55 FILM: Back to the Future (1985). Sci-fi adventure.
				7.15 Cricket on Five. England v Australia.
				8.00 FILM: The Fast and the Furious (2001). In a move to identify suspected car thieves, an undercover police officer infiltrates the high-octane world of illegal late-night street racing. Thriller, starring Vin Diesel.
				10.10 FILM: Ronin (1998). A mercenary is hired to take part in a plot to steal a briefcase containing a deadly secret.
				12.25 Urban Legends.

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Isleham

£290,000

Occupying probably the largest plot within this popular modern development, this detached family residence enjoys very spacious generous accommodation courtesy of 2 main extensions. The largest is to the side of the house and provides the superb 24' family room to the ground floor and a master bedroom with en suite approached via a second staircase.

The second extension is situated to the rear of the kitchen and provides a very useful utility and boot room. The property also has a separate dining room, sitting room, downstairs cloakroom, family bathroom and 3 further bedrooms one with a dressing room and en suite shower room.

Outside the house has a far larger garden than many found with modern houses and is of great interest with main lawns, banked areas and a double garage.

This property really does provide extremely comfortable accommodation for a family to enjoy and offers far more space than its external appearance might at first suggest. The property also benefits from double glazed windows and a gas fired heating system.



To arrange to view
the property contact
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PROPERTY

Characterful detached home



SITUATED in Six Mile Bottom, one of Newmarket's premier locations, is this striking detached bungalow.

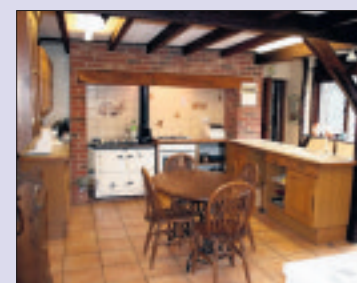
Originally a barn on Lady Delamere's estate the character property is surrounded by open fields, with secluded gardens and boasts five good-size bedrooms.

The property also includes a lodge room, large fitted kitchen/breakfast room, open-plan lounge, dining room, shower room and bathroom and a loft room for various uses.

There are gardens to two sides plus ample gravelled parking.

Offers above £425,000 are invited for this substantial family home.

Contact selling agents Abbots Countrywide for a viewing on (01223) 363291.



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r/o OLD STATION ROAD,
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Detached former Victorian coach house located close to town centre with potential for conversion (STP). Approx 1,000 sq ft (GEA) over 2 floors.

VIEWING Auction Department
01223 213777



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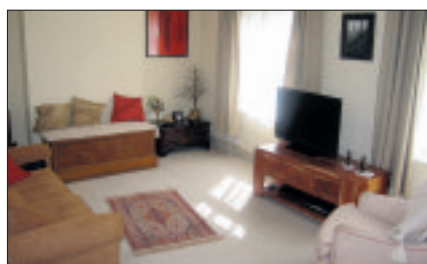
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Vacant commercial premises situated just off the High Street with consent for restaurant/office use. Accommodation over 2 floors extending to 3,215 sq ft

VIEWING Commercial Dept
01223 213666 ref RB



Victorian cottage close to centre of town



ON the market for £149,950 is this spacious Victorian cottage.

The property stands in Lisburn Road, Newmarket, a sought-after residential area within striking distance of the town centre.

The accommodation is presented to an excellent standard. It contains an entrance

hall, living room, handmade pine kitchen, refitted bathroom and two large double bedrooms.

This property is being offered with no upward chain.

For further information, contact the agents, Pocock & Shaw, on (01638) 668284.

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CAMBRIDGE NEWMARKET SAFFRON WALDEN ELY HAVERHILL LONDON 01223 213777

PROPERTY



Delightful house on corner plot



OCCUPYING a delightful corner position in Robins Close, Isleham, is this detached family house.

The property has four/five bedrooms, two of which are en suite, three large reception

rooms, a kitchen, cloakroom and family bathroom.

Outside, there are gardens to the front and rear.

The rear garden is mainly laid to lawn and plenty of parking, including a double garage, is

provided to the front.

This property is on the market for £290,000.

For further information or to arrange a viewing, contact Pocock & Shaw on (01638) 668284.

Picturesque cottage with cellar



THIS picturesque cottage is in Sun Street, Isleham. Full of character and charm, it offers a living room, dining room, kitchen, utility room, kitchen, cloakroom, bathroom and three bedrooms. There is also a cellar.

The rear garden is mainly laid to lawn with a terrace and outbuilding too.

This fantastic period home is on the market for £249,500 with no upward chain.

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£499,995

A truly rare opportunity to purchase a rather special period property located within this highly regarded East Cambridgeshire village.

Believed to date back to the 15th Century, the property boasts a vestibule living room, integrated annexe/bedroom five and four principal bedrooms.



Burwell

£239,995

A greatly improved and extended family home, positioned within moment of schooling and sports facilities in this popular village.

The property offers lounge, dining room, office/bedroom four, three further bedrooms and bathroom. Featuring garage facilities and large garden.



Burwell

£179,995

A modern and detached family home located within this popular development, with easy access to Newmarket and Cambridge.

The accommodation comprises entrance hall, lounge open to dining area, kitchen, cloakroom, three bedrooms and bathroom. Gardens and garage.



Burwell

£219,995

Tucked away within a small and quiet development, a recently renovated detached bungalow featuring a generous size garden.

Accommodation includes entrance hall, lounge, refitted kitchen/diner, two double bedrooms and refitted bathroom. Offering garage/off-road parking.



NEW PRICE

Burwell

£179,995

A recently extended older style property positioned close to shops within this sought after large village. With a high quality finish.

The accommodation offers porch, lounge, kitchen/diner, family room or conservatory, two/three bedrooms and bathroom. Garden and parking.



NEW

Burwell

£295,000

A substantial and well presented detached family home benefiting from a corner plot position within a popular cul-de-sac.

Featuring an office/study, two reception rooms and four double bedrooms (two with ensuite facilities). Double garage, off-road parking and gardens.



NEW PRICE

Burwell

£189,995

Positioned to a non-estate location, a modern family home situated within walking distance of the village centre.

Offered for sale with no onward chain, the accommodation includes two reception rooms and three bedrooms. With gardens and garage/parking.

Newmarket
01638 560221

Independent Estate Agents & Property Management

MA
Morris Armitage

NEW



Newmarket £475PCM

A superbly presented modern apartment situated within this popular residential development to the north side of the town centre.

The accommodation includes entrance hall, lounge, kitchen, one bedroom and bathroom. With the benefit of ample storage. Available October.



Newmarket £625PCM

A well presented property, nestling within a recently constructed development and positioned a short walk from the train station.

This property benefits with cloakroom, living/dining room and two generous sized bedrooms. Also with rear garden, off-road parking and garage.

NEW PRICE



Wickhambrook £1,500PCM

A superb brand new barn conversion set within an idyllic location on the outskirts of Wickhambrook and featuring an acre of garden.

Finished to a high standard and including a large kitchen, four bathrooms and four bedrooms. Double garage, large out building/stables and parking.

NEW



Burwell £800PCM

A charming period cottage located in a secluded and tucked away location at the heart of this south Cambridgeshire village.

The property features two reception rooms, utility/cloakroom, three principal bedrooms and fourth bedroom/office. Enclosed rear garden.



Soham £800PCM

A modern and detached family bungalow located within the heart of this well served market town and close to Soham Village College.

Accommodation includes lounge, kitchen, three bedrooms and a large sound-proofed reception room. Private rear garden and off-road parking.



Burwell £1,100PCM

A substantial bungalow located in this ever popular Cambridgeshire village, with easy access to both Cambridge and Newmarket.

Offering spacious accommodation throughout including open plan lounge/dining room, four bedrooms and utility. Ample off-road parking.

NEW



Newmarket £425PCM

An older style mid-terrace property positioned with the heart of the town centre and just yards from the High Street.

This property offers accommodation including lounge, kitchen, one good size bedroom and bathroom. Available end of September, unfurnished.



Newmarket £650PCM

A recently improved and greatly updated bay fronted Victorian property delightfully set just a short walk from the famous gallops.

The accommodation includes spacious living/dining room, refitted kitchen, bathroom and three generous size bedrooms. Outstanding rental property.



Newmarket £595PCM

We are pleased to offer a delightful older style property positioned within walking distance of the High Street and train station.

This well presented property features two reception rooms, kitchen, first floor bathroom and two bedrooms. With an attractive courtyard garden.



YOUR MOVE

— Lattimore's —

The UK's most visited estate agency website*

www.your-move.co.uk

01638 660303

WESTON WAY

£194,950

NEW



A splendid extended three bedroom family home located within a popular development close to the town and all facilities. The property has been greatly improved over the years to provide spacious and versatile living accommodation. Viewing is essential to

SAXON STREET

£235,000



Deceptively spacious extended four bedroom family home situated in a popular village close to the Historic Racing town of Newmarket. Tucked away down a quiet lane this old flint cottage has been heavily extended to the front and rear.

ICKNIELD CLOSE, CHEVELEY

£194,995



An well presented detached bungalow in a sort after village close to Newmarket. Having been redecorated throughout and having a new bathroom. Entrance hall, Lounge/Diner, Kitchen/Breakfast, Two double bedrooms, Beautiful gardens and single garage.

168 TULYAR WALK

£151,000



We advise that an offer has been made for the above property in the sum of £151,000. Any persons wishing to increase on this offer should notify the agents of their best offer within the next 7 days.
newmarket@your-move.co.uk

WEST STREET

£149,995



Situated within the popular village of Isleham this three bedroom semi detached home has room for all the family. The accommodation comprises of the following:- Entrance hall, lounge/diner, kitchen, three bedrooms, bathroom, garden and garage.

FORDHAM

£160,000



A pretty two bedroom semi detached bungalow tucked away in a smart development within this popular village. Entrance hall, Kitchen, Lounge/Diner, Two bedrooms, Bathroom, Garden and Parking. An opportunity not to be missed!!!

FORDHAM

£165,000



Situated within a cul de sac location this three bedroom semi detached family home is within a popular village and is well worth a look. Entrance, Kitchen, Lounge/Diner, three bedrooms, bathroom, garage and garden.

GUNTONS CLOSE

£165,000



A fine semi detached residence in traffic free position within this popular market town. Having been improved the property boasts 4 good sized bedrooms, an 18'2" living room, kitchen/diner, cloakroom and bathroom. TO LET £750pcm.



We have buyers waiting

Do you have a property in or around Newmarket?
If you have the property we almost certainly have the buyers. **Thinking of selling?**
Give us a call.

Call us on 01638 660303

CHIPPENHAM

£107,995



A well presented Double bedroom first floor apartment with spacious living accommodation. Excellent value for money!
newmarket@your-move.co.uk

EXNING ROAD

£174,950

NEW



Semi detached three bedroom family home situated close to the town and all facilities with an enclosed rear garden. Entrance hall, lounge, separate dining room, kitchen, three bedrooms, master with en-suite, bathroom, gardens and out buildings.

RESIDENTIAL LETTINGS

HIGH STREET, NEWMARKET

£500 PCM



First floor flat that has to be viewed to fully appreciate just how much spacious accommodation is on offer. 2/3 bedrooms, study/bed3, refitted kitchen, living room, shower room, gas heating, sun terrace, central location.

CROFT COTTAGES

£560 PCM



A Victorian part furnished two bedroom terrace home in a well regarded area of the town close to local facilities. Sitting room, kitchen/diner, bathroom, two double bedrooms and garden.
newmarket@your-move.co.uk

WESTON WAY

£450 PCM



Situated in a popular residential area of the town this one bedroom first floor maisonette is well worth a look. With its double glazing, sitting room and double bedroom looking onto an open green this represents an ideal first time let.

RED LODGE

£490 PCM



A three bedroom end of terrace house in a traffic free location within this up and coming village. The property is available towards the end of September, call now for further details.
newmarket@your-move.co.uk

sales lettings mortgages

NEW

**Stetchworth**

A beautifully presented Victorian terraced property standing in a desirable village setting with 2 bedrooms and a shower room on the first floor, an attractive sitting room with open fireplace and wood floor, modern kitchen & NO CHAIN.

£149,950

47372

NEW



47390

Soham**£175,000**

A beautifully appointed 3-storey house with 3 bedrooms, 2 reception rooms, ensuite shower room, enclosed gardens and far reaching country views.

NEW



47412

Exning**£220,000**

An extended end terrace period property situated close to the village amenities with 3 double bedrooms and a 1st floor bathroom, 2 reception rooms and a large rear garden.

NEW



47392

Fordham**£260,000**

An impressive individual 3 bedroom detached bungalow standing in a superb non-estate position close to the centre of this sought after village. RARELY AVAILABLE - EARLY VIEWING RECOMMENDED.



46520

Fordham**£210,000**

An attractive detached brick and flint cottage presented in excellent decorative order with a superb open plan sitting/dining room, 2 double bedrooms, established gardens and a private driveway with off road parking.

SOLD
STC

NEW



38612

Newmarket**£375,000**

A beautifully presented detached 3 bedroom bungalow with outstanding accommodation including luxury fitted kitchen, en-suite shower room and far reaching paddock views.

NEW



47420

Newmarket**£239,950**

A modern 4 bedroom detached house with 2 reception rooms, cloakroom and south facing rear garden. EXCELLENT VALUE - EARLY VIEWING RECOMMENDED.

01638 663228
cheffins.co.uk



Burwell **£145,000**
A superbly presented 2 bedroom modern terraced property standing in an established residential cul-de-sac close to the centre of the village with an attractive garden, a fitted kitchen and 1st floor bathroom, a garage and NO CHAIN.



Red Lodge **£179,950**
A beautifully presented 3 bedroom house with 2 reception rooms, cloakroom, ensuite shower room, enclosed garden and garage. OUTSTANDING VALUE - EARLY VIEWING RECOMMENDED.



Burwell **£155,000**
A beautifully presented 2 bedroom end of terrace house with sitting/dining room, modern kitchen, superb rear garden and adjoining garage and parking. EARLY VIEWING RECOMMENDED.



Newmarket **£199,950**
An impressive period house forming part of a sought after grade II listed conversion standing within secure communal gardens with gated access. RARELY AVAILABLE - NO CHAIN.



Isleham **£159,950**
A modern 2 double bedroom detached bungalow offering scope for improvement standing in a corner plot in an established cul-de-sac close to the village amenities. Integral garage, large garden and NO ONWARD CHAIN.



Gazeley **£240,000**
An individual detached bungalow standing in a superb elevated position with far reaching views over paddocks to the front and rear. RARELY AVAILABLE - NO CHAIN.



Burwell **£250,000**
A 3 bedroom detached bungalow standing in a favoured village location adjoining an open green with attractive west facing gardens, a sitting/ dining room, a garage and parking and NO ONWARD CHAIN.



Burwell **£295,000**
A stylish modern 4 bedroom detached house with views to the rear over farmland 3/4 reception rooms including a converted garage/studio playroom, a master bedroom with ensuite shower room and a contemporary modern interior.



Burwell **£325,000**
A superbly presented modern 4 bedroom detached bungalow delightfully situated on the edge of the village adjoining open farmland. Accommodation includes a master bedroom with ensuite, 2 reception rooms.



Isleham **£230,000**
A modern 3 bedroom detached bungalow pleasantly situated at the head of a private cul-de-sac with a superb modern fitted kitchen/dining room, a garage and parking and a south west facing rear garden.



Lidgate **£525,000**
A beautifully presented detached village property situated in an elevated plot with a stunning fitted kitchen/ dining room, 4 bedrooms and 2 ensuite shower rooms, attractive gardens and aspect to the rear over farmland.



Burwell **£239,950**
A modern 4 bedroom detached house offering excellent accommodation including 3 reception rooms, cloakroom, ensuite shower room and gas fired central heating. EXCELLENT VALUE - EARLY VIEWING RECOMMENDED.

Neil Harris, Director of Cheffins' Newmarket office, confirms that the internet has become the first port of call for property buyers.

"Around 90% of enquiries these days arrive via our website," says Neil.

"We are getting nearly 82,000 visits a month and that's increasing.

"In the last 12 months there have been well over 870,000 visits. This demonstrates the importance of e-marketing for residential property and the success Cheffins has with continuous updating of web content and structure to ensure maximum exposure for clients' properties.

"Information about individual properties is reaching an international market, and is far in excess of what can be achieved through local press advertising and mailings alone, although these are both still part of our marketing strategy."



Cheffins Director, Neil Harris

Outlining Cheffins' new web presentation system, Neil explains: "We offer virtual tours of the properties we list – a kind of walk-through experience – and we also show a gallery of very large photos.

"Other useful information includes detailed floor plans for each property and a link to Google mapping for aerial views and precise location.

"Prospective buyers now get a real feel for a particular property and arrive at a viewing with a more positive approach."

Cheffins' Newmarket Sales Manager, Debi Wilson, has noticed an enthusiastic response to the improved website presentation from buyers and sellers alike.

"The level of seriousness has increased – buyers know more or less



Cheffins' new-look property listing helps attract prospective buyers with a walk-through tour and full-screen photo gallery at www.cheffins.co.uk

Cheffins embraces latest web technology for online property viewings

Leading regional estate agent, Cheffins, has pioneered a web-based display system that takes prospective buyers through a property more thoroughly and effectively than ever before.

what to expect and they don't waste time looking at properties that are likely to be unsuitable for them.

"There's no doubt that this kind of detailed information is of huge benefit all round – buyers can make a shortlist very quickly, while sellers don't waste valuable time with viewings that have little chance of success.

"It's also interesting that the bigger photos have encouraged some sellers

to make improvements to their properties – and that's a good thing too.

"Proper presentation is vital in today's market – it can really encourage a wavering buyer to make that big decision and commit to a purchase."

Cheffins' Newmarket Associate, Richard Garrard, is also impressed with the new development.

"Without a doubt, we now offer sellers the best possible platform for presenting their property and finding a buyer. We've seen the results here in Newmarket for ourselves."

Cheffins is one of the region's best known and longest established firms of estate agents, property advisors and auctioneers, with offices in Cambridge, Saffron Walden, Ely, Newmarket, Haverhill and London.



Cheffins Associate, Richard Garrard



From left, Cheffins Newmarket team: Richard Garrard, Gemma Bowman, Neil Harris, Debi Wilson, Teresa Tate

If you're thinking of selling your home, contact your local Cheffins sales team on 01638 663228 for a free market appraisal.

If you prefer you can email them at newmarket@cheffins.co.uk

■ Cheffins' new-look website can be seen at www.cheffins.co.uk – go to the residential property search area to select a property and then check out the full scope of the information for yourself!



Cheffins' Newmarket office in Wellington Street



Sales Manager, Debi Wilson

01223 214214
cheffins.co.uk

NEW



Little Thurlow Green

£595,000

A most attractive sympathetically converted detached former suffolk barn of immense charm and character in an idyllic rural setting with breathtaking views over gently undulating farmland and countryside. Versatile and well proportioned accommodation with a wealth of exposed beams and timbers. Reception hall, 3 reception rooms, kitchen/ breakfast room, utility room, cloakroom/ shower room. Galleried style landing, 3 bedrooms, attic room, bathroom. Beautiful landscaped gardens, long driveway and double garage.

NEW



Stow Cum Quay

£425,000

Substantial sympathetically improved and extended detached residence occupying a semi rural position towards the edge of the village backing onto farmland and opposite the village churchyard. Hall, 2 reception rooms, conservatory, kitchen/ breakfast room, ground floor bathroom, walk in shower, 3 bedrooms, bathroom. Self contained 2 bedroom flat. Mature gardens, double garage and extensive parking.

FEATURE HOME



Barton Mills

£285,000

Charming and attractive period former farmhouse situated towards the edge of this sought after village. Convenient for access to the A11/A14. Hall, 2 reception rooms, kitchen/ breakfast room, cloakroom, cellar. 3 bedrooms, en-suite and family bathroom. Enclosed gardens, off street parking.



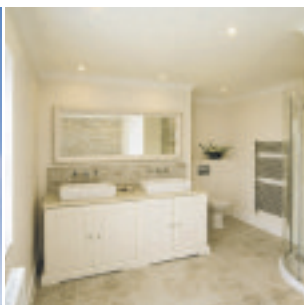


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THE ROSE GARDENS AT THURSTON Village living in an idyllic setting

Michael Howard Homes are delighted to present four luxury homes of outstanding quality and spacious design, finished to the highest standards. 6 bedrooms, drawing room, family room, dining room, luxury hand-built kitchen including twin oven range cooker, integrated appliances, utility room, cloakroom, garage. OPEN WEEKEND - SATURDAY 19th SEPTEMBER and SUNDAY 20th SEPTEMBER, 11AM TO 2PM

FROM £765,000 TO £825,000



STURMER Fine Grade II Listed village house in beautiful grounds in Suffolk / Essex borders
5 beds, 3 receptions, breakfast room, kitchen, conservatory, stores, pool house, games room, tennis court.

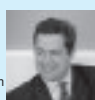
GUIDE PRICE £1,300,000

BOTESDALE Fabulous Grade II listed country house in approximately 18 acres of parkland
8 beds, 3 baths, 3 receptions, kitchen/breakfast, 2 x 2 bed coach houses, stables, garages, trout lake, parkland.

GUIDE PRICE £1,850,000



Ben Runciman
brunciman@savills.com
01284 731100



George Bramley
gbramley@savills.com
01284 731105



Katy Stephenson
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Sam Parker
sjparker@savills.com
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Maggie Lawrence
mlawrence@savills.com
01284 731106



Mags Lamb
01284 731101



In Association with
Simon Pott

Newmarket
01638 668284



NEW



Worlington

£215,000

A stunning 3 bedroom period converted former school house providing quite superb and versatile accommodation benefitting from a 23ft x 14 ft sitting/dining room with wood burner, attractive fitted kitchen and ensuite to bedroom 3.



NEW PRICE



Soham

£134,995

A very smart 2 bedroom modern house situated in an excellent cul de sac. Hall, fitted kitchen, good sized lounge diner, large double master bedroom, 2nd bedroom, gas heating, Upvc double glazing.



NEW

Isleham

Set within a delightful corner position and enjoying a large garden an extended and very spacious 4/5 bedroom detached family house with 3 large reception rooms, 2 en suites, double garage and off road parking.

A superb and extremely versatile family house. Early viewing highly recommended.

£290,000



NEW

Newmarket

A well presented and very spacious Victorian cottage of charm and character set in a sought residential area within striking distance of the town centre. Hall, sitting room, handmade Pine kitchen, refitted bathroom, 2 large double bedrooms. NO CHAIN

£149,950



NEW

Newmarket

£155,000

A well presented 3 bedroom terraced modern house conveniently situated close to Newmarket High Street. Hall, good size sitting/dining room, kitchen, bathroom, garden and off road parking.



NEW

Fordham

£119,950

A deceptively spacious end of terrace 2 bedroom period cottage in need of further improvement. Sitting/dining room, large kitchen, bathroom, off road parking, outbuilding and a good sized garden.



Newmarket

£129,950

A very well presented 2 bedroom end of terrace cottage providing modern accommodation including an extended sitting room, well fitted kitchen, bathroom, 60ft rear garden, upvc double glazing and gas heating. An ideal 1st time purchase.



NEW

Newmarket

£129,950

Set within a popular location south of the town centre a well presented 2 bedroom Victorian cottage with 2 reception rooms, kitchen, 1st floor bathroom and gas radiator heating. No Onward Chain

Newmarket
01638 668284

pocock&shaw
surveyors and estate agents



NEW



Newmarket £249,950

A Truly Stunning & Outstanding Period Town House Providing An Abundance Of Elegant Living Accommodation Retaining Many Character And Period Features.



NEW



Isleham

£249,500

A rather special and charming period cottage of considerable character including exposed beams and 2 Inglenook fireplaces. Sitting room, dining room, kitchen, utility, cloakroom, cellar, 3 double bedrooms, large bathroom, attractive enclosed garden. NO CHAIN



Undley Common £320,000

Situated within a semi rural location a substantial single storey residence providing versatile accommodation and set in about 1.8 acres (STS) with dog kennels, exercise run.



Stetchworth

£325,000

An attractive detached period cottage of charm and character retaining many features including exposed beams and fireplaces. Two good size reception rooms, modern fitted kitchen, conservatory, bathroom, delightful gardens with outbuildings, in - out driveway and double garage.



Newmarket

£139,950

A delightful 2 bedroom modern house providing well presented accommodation with an enclosed garden and an attractive outlook.



Newmarket

£135,000

A delightful Victorian cottage of charm and character retaining many features including period fireplaces, sash windows & situated on the desirable south side of town.



Red Lodge

£115,000

A superbly presented 2 bedroom modern house with a refitted kitchen and bathroom, enclosed garden, garage and overlooking a small green. An Excellent 1st Purchase.



Soham

£189,950

A nearly new detached double fronted family house situated in an attractive modern development on the north side of this popular town.



Soham

£75,000

A brand new 3 bedroom end terraced house set within a small cul de sac in the popular town of Soham. The property is being sold on a 50% shared ownership basis.

RENTALS



NEW PRICE

Warrington Street

£525pcm

Set within a popular location south of the town centre a 2 bedroom cottage, 2 reception rooms, kitchen, 1st floor bathroom, gas radiator heating.



NEW

Noel Murless Drive

£525pcm

A second floor apartment located in a popular residential development. Kitchen with white goods.



Bartons Place

£550pcm

A First Floor 2 Bedroom Apartment Situated At The End Of King Edward The VII Road. Kitchen, Bathroom With Shower Over Bath, Gas Central Heating.



NEW

Fordham

£595pcm

A Very Spacious 2 Double Bedroom Semi Detached Modern House In A Very Popular Village Location With 2 Parking Spaces.



Nat Flatman Street

£595pcm

An Updated FULLY FURNISHED And Much Improved Two Bedroom Cottage With Gas Radiator And A Small Courtyard Garden.



NEW

Lowther Street

£595pcm

Spacious And Well - Presented Terraced Property Within Minutes Of The Town Centre Having Lounge With Open Fireplace and Separate Dining Room.



Birdcage Walk

£600pcm

An Impressive Two Bedroom Ground Floor Apartment Set Within An Elegant Substantial Period House Surrounded By Landscaped Gardens.



NEW PRICE

Red Lodge

£625pcm

A semi detached 3 bedroom bungalow providing excellent access to the A11/A14. Off road parking, electric heating and all bedrooms have fitted wardrobes.



NEW

Mill Reef Close

£675pcm

A spacious 4 bedroom house situated north of the town centre, two reception rooms, large kitchen, en-suite, Good size rear garden enclosed with fencing.



NEW

Ashley

£725pcm

A Very Attractive Refurbished 2 bedroom Cottage In The Centre Of This Popular Village.



Acacia Property Management

01638 663705

16 Black Bear Court, High Street, Newmarket CB8 9AF

Crawford House, Wellington Street, Newmarket



Basement studio flat in central position adjacent to the market square. Large living area, kitchenette and shower room. Rent includes heating and electricity.

Rent: £395. per calendar month
Available Immediately

Crawford House, Wellington St, Newmarket



A second floor one bed flat in the centre of Newmarket. Lounge, kitchen bathroom, bedroom. Rent includes, heating.

Rent: £450. per calendar month
Available Immediately

Corsican Pine Close, Newmarket, Suffolk



A two bedroom ground floor flat about a mile from the town centre. Entrance porch, lounge/ diner, kitchen, two bedrooms, excellent decorative order, gas central heating, communal garden and parking.

Rent: £500. per calendar month
Available Immediately

Old Station Road, Newmarket.



A central first floor apartment. Entrance hall, kitchen, double bedroom, en-suite bathroom, huge, lounge / diner, office. Rent includes council tax.

Rent: £525. per calendar month
Available Immediately

Black Bear Court, High St, Newmarket.



A central 2nd floor apartment in excellent order, with modern kitchen and bathroom, two, double bedrooms, allocated parking.

Rent: £525. per calendar month
Available Immediately

Russett Drive, Kings Warren, Red Lodge, Suffolk.



Recently built home 2 Bedrooms; Fully fitted kitchen, with appliances, Bathroom & shower, downstairs WC, Gas c/h, allocated parking.

Rent: £525. per calendar month
Available from 01/10/2009

Magnolia Close, Red Lodge, Bury St Edmunds, Suffolk



Three bedroom detached house with garage and large, gardens. Hallway, lounge / diner, kitchen, three, bedrooms, bathroom and shower. Electric heating. No pets

Rent: £550. per calendar month
Available Immediately

Lacey's Lane, Exning, Newmarket.



Good size two bedroom terrace property in the popular, Lacey's Lane, Exning. Lounge, dining room, upstairs, bathroom, gas c/h and gardens.

Rent: £575. per calendar month
Available Immediately

Freshfields, Newmarket.



A three bedroom house a short walk from the town centre. Entrance hall, lounge/diner, modern fitted kitchen, bathroom & shower, w.c. gardens. Gas c/h.

Rent: £625. per calendar month
Available Immediately

Thomas Mews, Mill Corner, Soham, Ely



A well presented three bedroom property within a mews, style development. Hall, cloakroom, fitted kitchen, gas central heating and rear garden.

Rent: £625. per calendar month
Available

Exning Road, Newmarket.



A good size three bedroom property. Hall, lounge/diner, fitted kitchen, utility room, bathroom; front & large, private rear garden, garage, gas c/h, pets OK.

Rent: £650. per calendar month
Available Immediately

Millbank, Newmarket, Suffolk.



Three bedroom semi in popular area of town. Good, size lounge / diner, kitchen, bathroom with separate, shower, large garden gas central heating.

Rent: £695. per calendar month
Available Immediately

Barry Lynham Drive, Newmarket.



Modern and spacious three bedroom detached house., Lounge / diner, modern fitted kitchen, shower room, gas, heating, garage & gardens.

Rent: £725. per calendar month
Available Available Immediately

Russet Drive, Kings Warren, Red Lodge, Suffolk.



End Terrace, 3 bedrooms with parking facilities, garden and a garage. The property is un-furnished.

Rent: £825. per calendar month
Available Available from 30/09/2009

Hillside Meadow, Fordham, Ely.



A modern detached bungalow with garage, gardens, three bedrooms, two bathrooms, fitted kitchen lounge, dining room, gas central heating and in very good order.

Rent: £1,150. per calendar month
Available from 01/10/2009

Les Bourdonniers Cottage, St Michel De Montjoie, Normandy.



Two en-suite bedrooms, secluded and private location, pool, golf nearby

Holiday Let form £395.00 per week

Motorsnow

www.motorsnow.co.uk

Used car demand 'massive'

DEMAND for budget-priced used motors is still massive in Britain, and this sector of the market could be given a huge boost as university first-timers seek a set of wheels to set them on the path to a degree.

British Car Auctions

says second-hand cars priced around the £2,650 mark are still doing a roaring trade, and prices in this part-exchange bracket have risen for the eighth month running.

Students about to depart for UK universities, and wanting wheels, could give the used market a much-needed September

Cars priced around £2,650 are doing a roaring trade

shove, especially with the new 59-registration plate bringing an increase in trade-in vehicles to car dealerships.

BCA's latest report also shows that overall used-car values increased for the 10th month running in August, taking average values across the board to £6,223.

This is a rise of £195 over July's figures, and represents another 3 per cent month-on-month rise, says BCA, and improves – albeit marginally – on the increase recorded between June and July.

"Demand continues to be strong, despite last month covering the summer holiday period, where values have traditionally softened in

recent years," comments BCA's communications director Tony Gannon.

"August stock levels also remained relatively low, and this certainly has had an effect when combined with the continuing demand. The vast majority of vehicles being offered at auction are now sold first time."

Meanwhile, some 13.8 million (41 per cent) British motorists say that they often struggle to remember their car's MOT expiry date, according to a survey from Kwik-Fit. Not surprisingly then the firm's research shows that one-in-four motorists (8.1 million) have driven a car without an MOT.

And with today's hectic lifestyles making it

difficult to remember the simplest of dates, it seems many motorists are keen to receive a little prompt now and then. In fact, all 13.8 million memory lapse motorists agreed that a similar reminder system to road tax, should be a mandatory part of an MOT station's services.

With September being the peak month for MOTs, Kwik-Fit are urging motorists to check their records, and if they need it book an MOT test at Kwik-Fit.

Kwik-Fits reminder system, which alerts motorists by email before their MOT expiry date. Email your Name, Vehicle Reg and MOT Renewal date to remindme@kwik-fit.com.



The iOn: 80-mile range.

Electric Pug on way

A PEUGEOT and Mitsubishi link-up will see Peugeot's iOn electric vehicle launched in Britain late in 2010.

The iOn will have an 80-mile range on full batteries, can charge to 80 per cent of power capacity in just 30 minutes, and its top

speed is 80mph.

The five-door hatchback is city car-sized at just 3.43 metres long, and it will come with an on-board unit that can call out emergency or breakdown services to its exact location in the event of a problem.



On a '59' plate: The Suzuki SZ-L.

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**MOTs
ONLY £45
UP TO THE END
OF DEC 2009**

Any Renault vehicle that books in for an MOT will receive

**FREE AA ASSISTANCE
FOR ONE YEAR**

on Renault up to 7 years old
with this voucher!

**£10 OFF
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on presentation of this voucher at time of appointment
(expires 31st August, one voucher permitted per service)

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Volvo gets radical for Frankfurt Show

EVERY major motoring exhibition has one: the show-stopper, the set of wheels that wows the watching crowds.

And with the focus now on Germany's Frankfurt Motor Show, the September 17-27 event's scene-stealer could be ... a Volvo.

And not even a new-model Volvo, at that.

Yes, Volvo – solid, reliable, always safe – could stand tall among the world's latest motoring marvels with its radical new take on the C30 SportsCoupe.

It's an update, yes, but a highly important one.

The once-staid Swedish marque is moving slowly, but surely, away from all-block, no-shock design towards more exotic styling, and the latest SportsCoupe is destined to be a major part of that evolution.

The original C30 raised quite a stir at its launch three years ago, but some media pundits saw it as the yawn, rather than the dawn, of a new era for the firm.

This new SportsCoupe will go a long way to changing that perception, especially with some C30s gaining

impeccable eco-credentials as well as a vital new nose job.

Indeed, Volvo has high hopes for the new C30 – the Frankfurt show is the launch platform, for it goes into production in less than eight weeks, in November.

British buyers will be able to get their hands on one very early next year, although the volatile sales market will probably mean prices will stay under wraps until the last possible moment. They shouldn't stray too far, though, from the current £15,000-£22,000 bracket.

It's the C30's front end that carries the full weight of Volvo's changes – it has been redesigned to create a more distinctive personality, while bringing it into familial line with the firm's S60 Concept car and recently-announced new C70.

Engines will see current petrol and diesel units continue, with the all-important DRiVE, or eco-friendly, 1.6-litre diesels earmarked for extra promotion.

Citroen, meanwhile, will be looking for a share of the Frankfurt limelight with some creative car styling.

Although it is keeping all details under wraps, the firm's stand will no doubt include the DS3 hatchback production version. This is due out early in 2010, and was first announced back in the spring.

The French car giant will likely promote its latest emissions-free electric car, too, and one or two other makers should wade in with some small, but beautiful, battery-powered machines.



The new Volvo C30 SportsCoupe: Can stand tall among the world's motoring marvels.



One of them will certainly be the Reva – its showcar is the cute NXG, a sporty two-seater that comes with a removable roof.

The firm will also be taking orders for its NXR, a three-door four-seater that goes into production early in 2010.

The Revas are purely for urban use, but the firm sees a big future for them and will be churning out 30,000 annually at a new ultra-low carbon

vehicle-assembly plant in Bangalore, India. At the time of going to press, Reva is selling, or being test-marketed, in 24 countries worldwide.



Citroen: Reva NXG is unusual!

Minis and superminis are August best-sellers

NEW car sales have risen for the second successive month as the Government's "cash for bangers" car-scrappage continues to boost the motor industry.

A total of 67,006 new cars were registered in August 2009, a 6.0 per cent increase on the August 2008 total, the Society of Motor Manufacturers and Traders (SMMT) said.

SMMT chief executive Paul Everitt added: "This is welcome news for the UK motor industry."

"The scrappage incentive scheme is having a positive impact but with consumer and business confidence still fragile, there remain significant risks ahead. It is essential that these early signs of recovery are sustained into 2010."

The August figure follows a 2.4 per cent rise in sales in July 2009, which was the first time there had been a year-on-year increase for 15 months.

But despite the encouraging summer figures, new car sales are still down 21.5 per cent for the first eight months of 2009 compared with the January-August 2008 total.

Also, the 2009 total was still more than 10,500 below the August 2007 figure and 15 per cent off the August average for

the period 1999-2008.

The mini and supermini sector again did well last month, while private sales increased by 50.5 per cent, albeit on a weak August 2008.

The SMMT attributed the rise in private sales to the car-scrappage scheme which was introduced in May and which has, first, halted the rate of decline in sales and, secondly, taken sales into positive territory again.

However, August traditionally



The Ford Focus: Best-seller in the UK during August.

accounts for only 3.3 per cent of the total year's sales and the big test will come when the figures for September, one of the two new number-plate months, are announced in a month's time.

These were the best-selling models in August 2009:

1. Ford Focus
2. Ford Fiesta
3. Hyundai i10
4. Vauxhall Corsa

5. Volkswagen Golf
6. Peugeot 207
7. BMW 3 Series
8. Vauxhall Astra
9. Vauxhall Insignia
10. Toyota Yaris

One of the big success stories of last month was Hyundai, with sales rising a huge 322 per cent on August 2008 and its i10 city car soaring to third place in the best-selling models' table.

Car scrappage schemes have also been introduced, with much success, in the US and Europe.

The French initiative, which was due to finish at the end of this year, has been extended until 2011.

The UK scheme will finish once the £300 million the Government has put into the initiative is exhausted.

More than 185,000 vehicles have been bought as part of the scheme and the Retail

Motor Industry Federation (RMIF) said the Government should consider extending the initiative.

RMIF director Sue Robinson said: "The scheme has been highly successful, but with the retail economic climate still fragile, demand still growing, and an increase in VAT scheduled for January 1 2010, an extension of the initiative is vital."

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2006 (06) CITROEN C4 1.6 VTR+ 3 Door Hatch, finished in light metallic blue with black cloth seats. Fitted with power steering, remote locking, air conditioning, electric windows, alloys, CD stereo and more. One owner, 38,000 miles with history. A smart looking hatch**£6,995**

2006 (06) FORD FIESTA 1.6 GHIA 5 Door, finished in metallic black with black leather seats. Fitted with power steering, remote locking, electric windows, air conditioning, CD stereo, alloy wheels and more. Two owners, 33,000 miles with history. A top of the range model**£6,995**

2006 (06) FORD FIESTA 2.0 ST Hatch, finished in performance blue with black half leather seats. Fitted with power steering, remote locking, air conditioning, alloys, CD stereo with iPod connection and more. Two owners, 24,000 miles with history. Complete with white stripes **£7,995**

2006 (56) KIA RIO 1.5 CRDT LX Hatch, finished in metallic red with grey cloth seats. Fitted with power steering, remote locking, electric windows, air conditioning, alloys, CD stereo and more. Two owners, 35,000 miles with history. A lovely diesel hatch**£5,995**

2005 (05) MERCEDES C220 CDI SE Auto Sport Coupe, finished in metallic blue with black cloth seats. Fitted with power steering, remote locking, electric windows, air conditioning, parking sensors, CD stereo and more. Two owners, 53,000 miles with history. A diesel auto coupe**£11,495**

2002 (52) PEUGEOT 206 2.0 SE Coupe Cab, finished in moonstone with black cloth seats. Fitted with power steering, remote locking, electric windows and folding roof, air conditioning, alloy wheels, CD stereo and more. Privately owned, 54,000 miles with history. A lovely example in Peugeot's best colour**£5,995**

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2008 (58) SUZUKI SX4 1.6 GLX 5 Door, finished in metallic grey with black cloth seats. Fitted with power steering, remote locking, electric windows, air conditioning, alloy wheels, CD stereo and more. One owner, 12,000 miles with history. A taller than normal hatch**£8,495**

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Acceptance fee*	£125.00
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Total amount payable	£19,548.43
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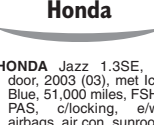
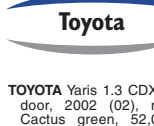
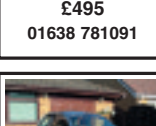
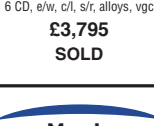
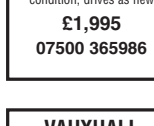
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 FORD PUMA 1.7 16v, 3 dr black, 2001 (X), 72,000 miles, service history, alarm, alloys, e/w, multi change CD, a/c, 6 months tax, MoT Feb £1,900 01223 237025 after 6pm	 C200K SPORT COUPE stunning met red, EVO panoramic s/r, tip/ auto, grey leather, alloys, 6 CD, rear parking sensors, 51 reg d, 59k miles, FSH, just serviced £6,995 ono 01767 677733	 PEUGEOT 307 GLX 16v 2002, 5dr, petrol, 1997cc, dark green, 34,000 miles, 5 cd changer, MoT/Tax Jun '10, ac, e/t/w, pas, alloys. £3,400 ono 07980 311646	 ROVER 416 1.6L AUTO Honda engine, M reg'd, 116,000 miles, lady owner, long MoT, good service history, excellent condition £495 SOLD	 SUZUKI SWIFT 1.3GL, 2006, 5 dr hatch, met grey, FSH, only 23k miles, MoT July, tax Feb, CD, e/w, e/m, excellent condition £5,375 01954 211411 07769 692282	 VAUXHALL VECTRA ESTATE 2.5 V6 Tourer, 1998, (R), blue, 91k miles, MoT April, cambelt, 5,000 miles ago, a/c, PAS, drivers a/b, CD, vgc £750 01799 584056 07879 863687	 VOLKSWAGEN POLO 1.0L, Oct 98 (S), 3 dr hatchback, red, MoT May '10, Tax Dec '09 £850 07910 585646
 Honda HONDA Jazz 1.3SE, 5 door, 2003 (03), met Ice Blue, 51,000 miles, FSH, PAS, c/locking, e/w, airbags, air con, sunroof, radio/cassette, immobiliser, colour coded bumpers, Long MoT, warranty, immaculate condition, £4,650. Tel: 01799 584327/ 07779 557267 www.rowleyscars.co.uk	 E CLASS ESTATE AUTO 3.2 cdi, 7 seater, black leather interior, silver body, well worth a look, 240k miles, private plate £5,795 07734 106909	 Silver Peugeot 307 rapiet, 2002, 1.6, 69k miles, FSH, EPW, CD, RCL, AC, Very good condition, MoT until Feb 2010, 2 owners £2795 ono 07788 908958	 ROVER 420 GSi 1997, P reg'd, MoT March 2010, tax Dec 2009, lots of history £300 ono 07954 636270	 SUZUKI SWIFT 1.0L GLS 1999, T reg'd 59,000 miles, 6 months MoT, 2 lady owners £750 ono SOLD	 Vauxhall GOLF GT TDI 150 bhp, black, manual, 6 gears, ABS, a/c, climate alloys, alarm, c/l, rear spoiler, 80k miles, MoT Aug, full VW 60,000 mile service (at 65,000 miles) recent cam belt & a/c gas £6,200 ono 07860 340322	 VW POLO AUTOMATIC 1999, T reg'd, red, radio, MoT to August, vgc, reliable £1,500 SOLD
 Hyundai HYUNDAI AMICA GSi 1.0 2001 Y Reg'd, 5 dr, silver, 35,000 miles, air con, good condition, 7 months MOT SOLD 01223 880783.	 MERCEDES C180 ESTATE, P Reg'd, 108k, serviced, reliable, all in working order, MoT & tax Oct '09. Starter, rear tyres & rad replaced Aug '09, also on e bay £1,350 offers SOLD	 Renault RENAULT Clio 1.4 Alize, 5 door, Met Silver, only 48,000 miles, FSH, PAS, c/locking, e/windows, airbag, air/con, Radio/CD, immobiliser, colour coded bumpers, new MoT, warranty, immaculate condition, £2,650. Tel: 01799 584327/ 07779 557267 www.rowleyscars.co.uk	 Saab SAAB 9-3 S 2.0 CONVERTIBLE 2000 (W) blue, 97k miles, 12 mths MoT, 6 mths tax, leather, electric roof, a/c, e/w, CD, a/b, ABS, good condition, NEW SALE PRICE £2,500 ono 07790 011298	 Toyota TOYOTA Yaris 1.3 CDX, 5 door, 2002 (02), met Cactus green, 52,000 miles, FSH, PAS, c/l, e/w, airbags, air con, sunroof, radio/CD, alloys, immobiliser, colour coded bumpers, long MoT, warranty, excellent condition, £3,995 Tel: 01799 584327/ 07779 557267 www.rowleyscars.co.uk	 Vauxhall VAUXHALL Astra Club 2002, air con, nice long MoT/ tax, only 74k, superb condition, drives as new £1,995 07500 365986	 Jobsnow DON'T WAIT FOR YOUR PERFECT JOB - PLACE YOUR CV ONLINE WITH US NOW! www.jobsnow.co.uk
 Land Rover LAND ROVER Discovery Turbo Diesel 2.5, Blue, M reg'd, 7 seater, PAS, alloys, e/w, alarm, s/h, 5 doors, tow pack, red, full MoT £1,150 01353 741013 07889 509009	 Nissan NISSAN CHERRY 1.3 1984, A reg'd, 78,000 miles, silver, 5 door hatchback, MoT Mar 10, Tax Jan 10, good condition £495 01638 781091	 RENAULT LAGUNA 2001, grey, 111k miles, MoT March '10, above average condition, part service history £1,250 ono 07827 293075	 Smart SMART ROADSTER CONVERTIBLE 54 reg'd, 2004, met blue, 41,000 miles, FSH, taxed & MoT, all usual extras £4,600 07919 411208	 VAUXHALL ASTRA CLUB 2002, air con, nice long MoT/ tax, only 74k, superb condition, drives as new £1,995 07500 365986	 VAUXHALL ASTRA CLUB 1600 5 door, met silver/grey, 6,100 miles, 07 reg'd, very good condition, air con, £7,000 01223 248652	 VAUXHALL ASTRA CLUB 1600 5 door, met silver/grey, 6,100 miles, 07 reg'd, very good condition, air con, £7,000 01223 248652
 LANDROVER FREELANDER TD4 ES Diesel, 2001, 7 mths MoT, 48k miles, leather, a/c, 6 CD, e/w, c/l, s/r, alloys, vgc £3,795 SOLD	 NISSAN MICRA S 2004 (04) automatic, petrol, 3 door hatch, silver metallic, 26k miles, FSH, radio/CD, e/w, c/l, new MoT, vgc £3,950 01480 392022 07825 396272	 RENAULT SENIC ALIZE 1.6 2000, X Reg'd, 83k miles, red, 1 owner, FSH, Tax and MoT £1,800 01223 311813	 Subaru SUBARU IMPREZA 2.0 SPORT AWD, 1999, 5dr hatch, 93k miles, alloys, blue, FSH, PAS, e/w, e/m, front fogs £2,200 ono 01763 838537 07815 301052	 VAUXHALL ASTRA CLUB 2002, air con, nice long MoT/ tax, only 74k, superb condition, drives as new £1,995 07500 365986	 VAUXHALL ASTRA CLUB 1600 5 door, met silver/grey, 6,100 miles, 07 reg'd, very good condition, air con, £7,000 01223 248652	 VAUXHALL ASTRA CLUB 1600 5 door, met silver/grey, 6,100 miles, 07 reg'd, very good condition, air con, £7,000 01223 248652
 Mazda MAZDA MX3 R reg'd, 2 months tax & MoT, full electronics, CD & s/roof, alloys, 5 speed manual, vgc £1,000 07518 365635	 Peugeot Too new to view PEUGEOT 106 XN ZEST 1998, S reg'd, 3 door, blue, 80,000 miles, MoT to July 2010 £995 ono 01954 210974	 Rover-MG ROVER 25 1.4 3 door hatch, 52 Plate, red, MoT Feb 2010, 6 months tax, all the bits, looks and drives very well £1,200 Call Ray's Cars 07720 297822	 Cambridge News NEWPOINT You can now book family announcements and private classified advertisements at our NEWPOINT at the Grafton Centre Information Kiosk in Cambridge.	 VAUXHALL CORSA ELEGANCE 1.2, Easytronic/ auto, April 2001 (Y reg'd), silver, 5 door hatchback, 32,000 miles, PAS, vgc, a/c £2,250 01353 648309	 VAUXHALL CORSA ELEGANCE 1.2, Easytronic/ auto, April 2001 (Y reg'd), silver, 5 door hatchback, 32,000 miles, PAS, vgc, a/c £2,250 01353 648309	 VAUXHALL CORSA ELEGANCE 1.2, Easytronic/ auto, April 2001 (Y reg'd), silver, 5 door hatchback, 32,000 miles, PAS, vgc, a/c £2,250 01353 648309

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A14 Junction 30, Oakington (Cams), Saturday Car-Boot sale, gates open 7am, just turn up. Charity stalls free. Enquiries: 01733 222182.

CAR Boot Sale, at Fordham Market Field, Sunday 20th September, from 7am, then every 2 weeks.

CAR-BOOT every Sunday 7am-12, (set up from 6.30am), pitch £7, Chaplins Farm, Fulbourn. Tel: 07850 325928.

CAR-BOOT Sale, Mepal, Sunday September 27th 2pm, (no admittance before 12noon) pitch £6. Tel: 01353 777112.

JUMBLE sale, Cambridge Spiritualist Centre, 662 Newmarket Road, Saturday 19th September, from 11am, also Nearly New Sale, lots of bargains! Tel: 01353 668268.

JUMBLE sale, Eversden Village Hall, Saturday 19th September, 2pm - 5pm, entry 50p, house-hold items, books, records, bric-a-brac and good quality clothing.

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Also domestic appliances NICEIC approved contractor

24 hour service

Telephone
NEWMARKET 720668
Mobile Tel: **07880 820386**

QUALIFIED electrician, retired, able to do small jobs, extra socket, lights, etc. Tel: 01353 777851/ 07974 159424.

RELIABLE electrician, all electrical work undertaken, NICEIC, certificates supplied. BB Electrical. Tel: 01353 774721 or 07595 831549.

Guttering

GUTTERS cleared, serviced and repaired, free quote, friendly service, 7 days. Tel: 01223 832326 or 07984 055460.

Building
Services

PROFESSIONALS providing quality work, electrical, plumbing, kitchens & bathrooms fitted, tiling, painting, decorating. Tel: 01223 364417 or 07840 185075.

BA Outside Improvements

• Patios • Decking • Fencing
• Gravel, Turf, Concrete, Guttering and Facia

No job too small
Reasonable Prices

Tel: 01638 716475 for FREE quotation

Handy Person

Painting Services**COLIN DUNN**
Handyman

No job too small

- Carpentry
 - Plumbing
 - Gardening
 - Decorating
 - General maintenance
 - Free quotes
- 01638 661867**
07950 895574

HANDYMAN for any building and garden maintenance, free quotes. Brian: 01638 667033/ 07946 087570.

THG Handyman and Garden Services
Paving, Staking, Fencing, Garden Maintenance, Home Improvements
NO JOB TOO SMALL. FREE ESTIMATES
01638 815719
07795 511183

STORAGE Available in your area. Clean, dry and secure, no damp shipping containers. Call Safebox on: 07894 427724.

news
Classifieds

9.00am ~ 5.30pm Monday ~ Friday
Tel: 01223 43 43 43

Home
Maintenance**PROPERTY MAINTENANCE**LOCAL MAN,
NO JOB TOO SMALL

- Plastering
 - Tiling
 - Painting & Decorating
 - Repairs
 - Kitchens Fitted
 - Help with D.I.Y.
- Call John on Mobile
07534 176813

Household
Clearance

BURWELL Auctions, complete house clearance, garages, sheds, etc. Tel: 01638 661183/ 07796 636977.T

Glass & Glazing

R.B.F. Glazing
SohamRoy Farrell
Domestic Glazier 30 yrs exp

Misted and Broken Double Glazed Units Replaced UPVC Windows & Doors Handles, Hinges & Locks, Secondary Double Glazing

Single glazing repair to: Broken Windows / Greenhouses etc. Cat flaps fitted.

Free estimates
Tel/Fax 01353 720402

ABOUT TO DECORATE?

FREE ESTIMATES All interior and exterior work, wallpaper & tiling.

For a professional service with 30 years experience call Ray on:

07957 963235
01223 357594

Painting Services**Handy Person**

AN affordable decorating service by tradesmen. For a free estimate. Tel: 01223 311119 or 01638 742284.T

Storage

CLEAN Dry & Secure Self-Storage at less than half Cambridge prices!!

Brand new units with 24/7 access. Armoustore: 01353 861436/ 07941 870049 www.armoustore.co.uk

STORAGE Available in your area. Clean, dry and secure, no damp shipping containers. Call Safebox on: 07894 427724.

Plumbing & Heating Services

ANTHONY GAS & ELECTRICAL SERVICES
 Sales - Service - Repairs - Installation
 • Gas Boiler/Central Heating Systems
 • Domestic Gas Appliances/Dual Fuel Appliances
 • Nat Gas/LPG Landlord Safety Checks
 • Electrical Appliances/Portable Appliances Testing
 • Essential Electrical/Plumbing Maintenance
Contact: Jim Perry Phone/Fax 01638 741432
 Mobiles 07768 856 456
 E-mail: jimperry@ntlworld.com

ABSOLUTELY all plumbing, heating work carried out by Corgi registered plumber. Tel: 01353 777383 or 07899 950505.

AcraTech
 Domestic Gas Servicing, Repair and Installations
 Landlord Certificates Gas Safety Checks
 Heating and Plumbing
 Solar Installations
 Phone: 01638 742998
 Email: j.perry@acrathech.co.uk

CORGI gas, LPG, OFTEC. Oil heating installation, repairs. Carmen Ltd: 01223 864107.T

DORANS Plumbing, from changing bathrooms to taps, general maintenance, free quotes. Tel: 01638 611177/ 07946 236284

G.PRIOR plumbing, repairs, bathroom fitting, tiling, radiators, leaky taps etc, no job too small. Tel: 07974 018567.

Roofing & Cladding

ALPINE ROOFING
ALL ROOF REPAIRS
 • SLIPPED SLATES
 • CHIMNEYS REPOINTED
 • RE-ROOFS
 • FLAT ROOFS
 • GUTTERING
FREE QUOTATIONS
ALL WORK GUARANTEED
CALL ON: 01225 426142

Lodge Roofing
 The Roofing Specialists
 14a Depot Road, Newmarket
 01638 561261
 ALL ROOFING WORKS UNDERTAKEN
FLAT ROOFING SPECIALISTS

Skip Hire

MICK GEORGE SKIPS
SKIP HIRE
 THE BEST SERVICE, THE BEST PRICES
01638 389 069
 Why not have your SAND, hardcore, gravel & TOP SOIL delivered with your skip?
 sales@mickgeorge.co.uk

9 AGRICULTURE & FARMING

Farm Services

PICK YOUR OWN APPLES
 Cox's - 15p
 Bramley - 18p
 Fortune - 15p
 and other's
 Saturday & Sunday
 10am - 5pm
 RH Norman
 Aldreth Road, Haddenham

10 BUSINESS SERVICES

Business Opportunities

SPONSOR /Investor required for Hydrogen (HHO) on Demand Reactor Project. Tel: 01223 207122

12 PROPERTY

Accommodation to Let

1 and 2 bedroom flats available in Newmarket, clean and tidy, f/t, from £475 pcm. Rooms from £50 pw. Tel: 07916 324902/ 07958 741635.

CAMBRIDGE shared house, double room, f/t, £350 pcm. Tel: 07828 612486.

ELY 2 bedroom house, new kitchen, large living room, g/c/h, large garden, excellent condition, central, £610 pcm. Tel: 07816 109491.

HADDENHAM 2 bedroom cottage, garden, parking, £475 pcm. Tel: 01353 727000

LITTLEPORT. Two bed flat, c/h, part furnished, no pets, £400 pcm. Tel: 01353 860317.

NEWMARKET 2/3 bed room detached bungalow, c/h, d/g, £595 pcm. Tel: 01353 727000.

NEWMARKET Town Centre, 2 bedroom flat, off road parking, £395 pcm. Tel: 01638 730727.

OAKINGTON one bed flat, f/t, n/s professionals only, £550 pcm. Tel: 07754 748434.

PAPWORTH first floor 2 bedroom flat, available 3rd October, c/h, d/g, white goods, parking, unfurnished, £350 pcm, excluding bills. Tel: 07900 991836.

ROYSTON detached period house, 3 bedroom, 2 reception rooms, fitted kitchen/ appliances, 2 minutes station, 850 references. Tel: 07746 823022.

Accommodation to Let

SOHAM one bedroom u/f flat, gas ch, off road parking, deposit and references required, £425 pcm. Tel: 01353 722813.

Commercial Property

OFFICE/shops to let, central Newmarket, flexible starter units available now, rent from £40 pw +VAT. Tel: 01638 666595

House Exchange

EXCHANGE 2 bed flat in Great Yarmouth for large 1 or 2 bed in or around Cambridgeshire. Tel: 01493 855598.

Houses to Let

EXCELLENT One bedroom bungalow, quiet cul-de-sac, Landbeach, close A14/ Science Park, f/t, Non-smoker, no pets. £610 pcm. Tel: 07768 982167/ 01353 740617.

Property Wanted

TURN negative into positive. Call Rick: 01223 909359.

Rooms to Let

Ely f/t and u/f rooms to let from £350 pcm inclusive. Tel: Rowan 01353 658787.

13 PUBLIC NOTICES

Public Notices

CAMBRIDGESHIRE COUNTY COUNCIL
 (Easton Byway 7, Easton, Ellington Byway 1, Ellington, and Grafton Byway 2, Grafton)
 (TEMPORARY PROHIBITION OF USE)
ORDER 2009

NOTICE is given that Cambridgeshire County Council intends within seven days, to make an Order pursuant to the Road Traffic Regulation Act 1984, as amended by the Road Traffic (Temporary Restrictions) Act 1991, the effect of which is to stop any vehicle, pedestrian or equestrian from proceeding along Easton Byway 7, Easton, Ellington Byway 1, Ellington, and Grafton Byway 2, Grafton. Access will be maintained to properties affected by this order.

The Proposed Order will come into operation on 1st October 2009 and will continue until the vegetation and surface management works have finished or on 31st March 2010 which ever is the earlier.

It is anticipated that these works will be carried out between 1st October 2009 and 31st March 2010.

Brian Smith, Executive Director, Environment Services, Shire Hall, Castle Hill, Cambridge CB3 0AP
 NH/09/row25
 Thursday 17th September 2009



Cambridgeshire
County Council

Public Notices

Notice of application for the grant of a Premises Licence under Section 17 of the Licensing Act 2003

Notice is hereby given that Charnwood Pub Company has applied to East Cambridgeshire District Council for the grant of a Premises Licence in respect of Premises known as The Red Lion, 47 High Street, Stretham, CB6 3JQ. The proposed licensable activities and their hours are: to permit the sale of alcohol and provision of regulated entertainment to the public from 1100 until midnight on Sundays to Thursdays and from 1100 to 0200 the following morning on Fridays and Saturdays and the sale of late night refreshment from 2300 until midnight on Sundays to Thursdays and 2300 to 0200 on Fridays and Saturdays. The sale of alcohol to residents and their bona fide guests 24 hours a day. Any representations by an interested party or responsible authority regarding the above-mentioned application must be received in writing by The Licensing Department, East Cambridgeshire Council - Commercial Section, The Grange, Nuthall Lane, Ely, CB7 4PL no later than 9th October 2009 stating the grounds for objection. The register of East Cambridgeshire District Council and the record of the application may be inspected at the address of the council, given above, during normal business hours or on the council's website - www.eastcamps.gov.uk. It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine for which a person is liable on summary conviction for the offence is £5,000. **Poppleston Allen, Licensing Solicitors, 37 Stoney Street, The Lace Market, Nottingham, NG1 1LS**

14 PERSONAL SERVICES

CLARE Natural girlfriend experience, warm escort, late 30's. Tel: 07504 373624.

CLASSY and discreet, Toni, available most days. Tel: 07717 668725.

ELY BUTTERFLY Massage, open 7 days a week, 10am - 11pm. Tel: 07901 798369.

ELY area, escort service, bubbly fun female. Tel: 07804 503703/ 07961 404278.

ESCORT service, reliable, friendly, discreet. From £100 p/h. 24 hour service. New escorts required. Tel: 07544 751919.

FOXY Kittens escorts. Tel: 07040 901443

FREE text messages from women wanting local dates. Call: 08451 235921 for full details. Discretion assured.

HARLOW Junction 7, 2 minutes off M11, massage, 11am-7.30pm. Tel: 01279 412364.

MALE for male escort, 24/7, shy, nervous, massage for refined clientele. Tel: 07776 277332.

A14 Cams, sophisticated lady offers relaxing massage for refined clientele. Tel: 07776 277332.

ABBIE 25 year old, slim escort. Laid back, friendly service. Call on Tel: 07950 489125.

ANGEL and friends escorts. Tel: 07040 901535.

Personal Services

SAWBRIDGEWORTH opposite station, 10 minutes from M11, massage, 11am-9pm, 7 days. Tel: 01279 724280.

UPTOWN Girls, escort service. Down town prices from just £100/h. Female staff required. Tel: 07974 463458.

XXX genuine adult DVD's, titles from £10! Confidential Shop, 1A Devonshire Road, Cambridge. Tel: 01223 565691 for more great offers.

£40P/H. £50P/H. £65P/H. PEACEFUL SURROUNDINGS. CARLY. TELEPHONE: 07952 912490/ 07981 228064/ 07854 012397.

Contact your Local Team
Newmarket Weekly News
01638 662581

Personal Services

AONG Yang professional massage by qualified lady in Newmarket. Tel: 07776 386787.

BLUE Escorts. Registered professional escort agency. Tel: 07986 251949 or 07005 946939. Escorts and drivers required.

BRANDON massage, in private surroundings, 9.30-6.30pm, Mon-Sat. Tel: 01842 819753.

CAMBRIDGE massage, professional, relaxing, enjoyable, 10am - 11pm. Cambridge. Tel: 07940 286109.

CAMBRIDGE Rose, relaxing massage, 10am - 11pm. Tel: 07733 303339.

CLAIRE Natural girlfriend experience, warm escort, late 30's. Tel: 07504 373624.

CLASSY and discreet, Toni, available most days. Tel: 07717 668725.

ELY BUTTERFLY Massage, open 7 days a week, 10am - 11pm. Tel: 07901 798369.

ELY area, escort service, bubbly fun female. Tel: 07804 503703/ 07961 404278.

ESCORT service, reliable, friendly, discreet. From £100 p/h. 24 hour service. New escorts required. Tel: 07544 751919.

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£40P/H. £50P/H. £65P/H. PEACEFUL SURROUNDINGS. CARLY. TELEPHONE: 07952 912490/ 07981 228064/ 07854 012397.

Contact your Local Team
Newmarket Weekly News
01638 662581

11 SITUATIONS VACANT

Building Trade

EXPERIENCED Excavator Driver. 180 wheeled excavators or 360 machines over 7 tonne. JJ Consultants: 01353 648556.

Contact your Local Team
Newmarket Weekly News
01638 662581

Part Time - Temporary

De Niro's Nite Club Bar Staff & Glass Collectors
 We are currently looking for Bar Staff & Glass Collectors to join our team. All applicants have to be over 18. Bar experience is preferred but not essential as training will be provided. We are looking for enthusiastic, hard working and reliable individuals. For more information please contact **claire.dowd@deniros.com** or call **01638 660031**

Education

THE KING'S SCHOOL ELY
 Co-educational boarding and day, 2½-18
Teacher of Economics
 (Part-time, from 0.25 to 0.5 F.T.E dependent on availability)
 (Fixed term - ASAP until July 2010)

We seek a well qualified graduate with the ability to teach A level Economics as soon as possible. Economics is a very popular and successful subject in our Sixth Form.

The post will be a fixed term appointment pending the appointment of a full-time teacher of Economics for September 2010.

The successful applicant will be expected to use his/her talents to help enrich the opportunities for pupils outside the curriculum and play a full part in the vibrant life of this school.

Closing date for applications is Wednesday 30th September, interviews will be held shortly afterwards. Further details and an application form are available on the school website or by email from the Head's PA, Tom Kingsnorth: **tomkingsnorth@kings-ely.cams.sch.uk**

www.kings-school-ely.co.uk

The King's School is committed to safeguarding and promoting the welfare of children, and applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

HMC/SHM/IS/APS/CSA
 The King's School Ely is registered as a charity
 Scheme reference no. 802427

A Company Limited by Guarantee: Registered in England no. 2440509

City of Ely Community College

Downham Road, Ely, Cambs CB6 2SH
 An expanding 11-18, all ability School
 NOR 1250 including 250 in 6th Form

'Standards at GCSE have risen steadily in the last three years and these high standards are being maintained' OFSTED Nov 2008

TEACHING ASSISTANT
 £8.61 per hour (at Level 1b)
 25 hours per week, term time only

We are looking for keen, reliable people to join our friendly team of Teaching Assistants. The successful applicants will be required to support students with a range of learning difficulties.

Details and application form available on our website or contact:

Judith Pruce, PA to the Principal
 Tel: 01353 652802 Fax: 01353 669548
 Email: **judith.pruce@elycollege.co.uk**
 Website: **www.elycollege.com**

Closing date: 30th September 2009
 CVs are not accepted

We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. The successful candidate will be required to undertake a CRB Check.

General Vacancies

AVON Reps needed in all Areas. Extra money with flexible hours. (Free joining gift). Call Angie: 07989 022031 (As seen on the TV Adverts)

CAR Owner Drivers and In Store Staff wanted for pizza delivery company in Cambridge. Full-time/part-time. Excellent rates. Phone Simi: 07917 619441 or email: **lee3456@btinternet.com**

CASH paid weekly. Deliver Betterware brochures in local areas. No cash outlay. Call: 08451 255000.

CATALOGUE distributors wanted. £50-£500 p/w. part-time/full-time/school hours. Tel: 01223 852944.

EARN £50-500 per week, part-time or full-time from home. Call: 0800 4589426

LEGAL Secretary/ PA required full-time for expanding Cambridge law firm. Legal experience in residential/commercial property essential. Please send enquiries (with c.v.) to: **ddavies@woodfines.co.uk**

PLAYGROUP Leader required for Linton Granta Playgroup. Tel: 01223 894285.

TYRE Fitter. Commercial and Agricultural Outside Tyre Fitter required by Cambridge's leading independent tyre company. Must be experienced in fitting all types of tyres. We operate a 24hr breakdown service which is rota based. Van supplied. Good rates of pay for right applicant. Please phone Stuart at Abbey Tyre Company on: 07860 626949.

Don't wait for your perfect job...
PLACE YOUR CV ONLINE WITH US NOW!
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HUNDREDS OF NEW VACANCIES EVERY WEEK

NHS East of England

Strategic leadership for your local NHS

Senior Communications Officer

Band 6 - £24,831 - £33,436
Fulbourn, Cambridge

NHS East of England is looking for a highly motivated individual to work in the Communications team specialising in media relations and campaigns, with opportunities for working in other communications roles within the directorate. You should have a confident and proactive style, be able to handle press enquiries and other media requests. You will be able to manage your own workload and be clear thinking under pressure. Experience of working in a communications or PR environment is essential, experience of working in the public sector, NHS or charitable sector is desirable.

For an informal discussion, please call Hazel Thomson 01223 597787.

Please apply online by visiting www.jobs.nhs.uk quoting Ref: 950-EoE-1199

Closing date: 30 September 2009.

The NHS aims to be a modern and equitable employer. We recognise and encourage the potential of a diverse workforce, positively welcome all applications and appoint on merit.

www.eoe.nhs.uk

Have you discovered how to create the sharpest pencil?

If work no longer offers the challenge it once did, take a look at Quotient BioResearch.

Quotient is currently recruiting for Quality Assurance Advisors. A key member of the Quality team, you should be experienced in Quality Assurance in GLP/GCP. A science degree and/or relevant experience within a regulated laboratory environment would be advantageous. It's a challenging environment, which recognises achievement and rewards success.

Show us you're the sharpest pencil in the box.

(Without sharpening pencils, that is.)

Current positions

• Quality Assurance Advisor

For more information go to www.quotientbiosearch.com. To apply for a position please email your CV & covering letter to careers@quotientbiosearch.com quoting reference Ford040.

Closing Date: 2nd October 2009

Strictly No Agencies.

QUOTIENT BIORESEARCH

The Student Support Centre Ltd

SELF EMPLOYED SALES CONSULTANTS (Genuine £25k - £35k)

With 14 regional offices, The Student Support Centre is the leading provider of home-based learning programmes for children in the UK, working in your own area. You will be visiting interested families in their homes on qualified pre-arranged appointments to demonstrate our unique home study educational courses.

People whose attributes include professionalism, integrity and a desire to be successful should apply. In exchange you will be given Full Training and the reward of working within an ethical sales organisation that can guarantee unsurpassable job satisfaction.

Although previous sales experience is important it is not essential - successful candidates should have a mature attitude and be a car owner.

For further details contact:

Bob McIntyre at The Student Support Centre Ltd Suite 3,
Chester House, Chester Hall Lane, Basildon, Essex SS14 3BG
Telephone no: 01288 535000 Email: info@essex-student-support.co.uk
Website: www.student-support.co.uk

ARTHUR RANK HOSPICE CHARITY SHOP MANAGER

Due to a forthcoming retirement a vacancy will arise at the Arthur Rank Hospice Shop in Regent Street. This well positioned outlet has a high footfall and deals in a range of donated goods. With a current turnover of £85k pa the position calls for an experienced retail manager preferably from the charity sector and with ambition to grow the business. You will have strong interpersonal and organisational skills and be a flexible team player. A competitive salary will be offered reflecting experience and expertise.

Enquiries to Lynne Hays

on 01223 723144/E-mail lynn.hays@arhc.org.uk
Closing date for applications is 30 September 2009

SpeakingUp voice | action | change

Project Worker

Next Steps Family Fusion - Cambridge
£16,991 - £21,306 (NJC 18-25), Full Time 36 per week
Fixed Term until June 2012
Ref: SUHR142

Are you passionate about empowering people with disabilities to have a voice? Then this may be the job for you!

Do you have experience of working with Young People who have additional needs? Are you able to build relationships quickly and communicate effectively with a wide range of individuals? If so you could be suitable for the Project Worker position for our exciting new project Next Steps Family Fusion!

In this role, you will undertake planning and facilitation of a range of life skills courses and family mentoring sessions. This great new project will enable young people aged 10-16 with learning difficulties to develop skills, address issues, and have fun learning alongside their parents and carers.

Please visit www.speakingup.org for details or email recruitment@speakingup.org for a job pack. The closing date for this position is 30th September 2009.

Speaking Up is an equal opportunities employer and welcomes applications from minority groups. If you need to speak to us about this position please call 01223 555822.

...listen up!

BE A MULTI-SKILLED ENERGY ASSESSOR

Regardless of the recession, a new European Directive now legally requires an estimated 2.5 million homes and commercial properties being rented, sold or built to have an Energy Assessment this year alone. And more 'green environmental' laws are coming!

For example next year nearly every commercial property with air-conditioning must have an Assessment before the January 2011 deadline.

Applicants are therefore required to train now as multi-skilled 'Property Professionals' to carry out commercial and air-conditioning Energy Assessments and many other roles such as Flood and Fire Risk Assessments, Energy Audits, Insulation Surveys, Property Valuations, Home Condition Reports, Public Buildings Assessments etc.

No previous experience is necessary, training to join this new growth industry can usually be taken around current job at our nationwide training centres approved by the Government-appointed Awarding Body for the Built Environment and is subsidised. On qualifying start your own energy business, work for other Assessment Providers or be available for potential full or part-time work through our Energy Assessor Panel with earnings of £50 to £1,500 per Assessment.

ref: HCM385

Ring today for an interview and find out more about a career opportunity in this fast-expanding, new 'green' industry.

0121 632 3300

Cambridge News NEWSPPOINT

You can now book family announcements and private classified advertisements at our **NEWSPPOINT** at the Grafton Centre Information Kiosk in Cambridge.

The Prospects Trust at Snakehall Farm is looking for two highly motivated co-managers to deliver a new Lottery Funded project working with our co-workers (people with learning disabilities) to overcome barriers and learn new skills on our 18 acre organic farm in Reach.

Reaching for Better Chances Project Co-Ordinator

32 hours per week 3 year fixed term contract at £11.23 per hour

With horticultural knowledge you will be responsible for supporting people with learning difficulties in daily work placements on the farm, to help the co-workers exercise choice and control, identify barriers and improve their general health and wellbeing. Strong communication skills are essential with previous experience of effective project delivery preferred.

Employment Co-Ordinator

12 hours per week 3 year fixed term contract at £11.23 per hour

With experience of supported employment activities, you will identify new work placements for people with learning difficulties and regularly liaise with employers to meet expectations for all. Experience of working with people with learning disabilities is essential.

For further information or to request application pack, please contact Rhian Elis, Co-Manager on 01638 741551 or email rhian.elis@prospectstrust.org.uk

Closing date: Tuesday 6th October 2009
Interview date: Tuesday 13th October 2009

Registered Charity Number: 1048584
Company Ltd by Guarantee: 3087221
We are an equal opportunities employer
An enhanced CRB will be required for these posts
Snakehall Farm, Swaffham Road,
Reach, Cambridge CB25 0HZ
www.prospectstrust.org.uk

Elaje Hair and Beauty Boutique, one of the leading salons outside London, is looking to employ another experienced Stylist (part time or full time) - and a Trainee

Ongoing appropriate training is part of the package, and there are real opportunities for career progression.

Hours and salary are negotiable.

Please write to Julia Gaudio at the salon with details of your experience - sell yourself!
www.elaje.co.uk 01223 244 888

www.jobsnow.co.uk



We Need Your Help to fill our day to day and long term Teaching Vacancies.

Register with Cambridgeshire's newest Agency Today

Call: 01223 451 025

www.simplyeducation.co.uk

City of Ely Community College

Downham Road, Ely, Cambs CB6 2SH

An expanding 11-18, all ability School
NOR 1250 including 250 in 6th Form

'Standards at GCSE have risen steadily in the last three years and these higher standards are being maintained' OFSTED Nov 2008

ATTENDANCE OFFICER

Salary range: £19,427 - £21,306 pro-rata
37 hours/43.14 weeks

We are looking for someone to collect, collate and provide high quality data and statistics on the attendance of all the students at the College on a daily basis.

The successful candidate will have excellent communication skills and be responsible for tracking students' whereabouts throughout the day. Working closely with the Education Welfare Officer and parents, the successful candidate will also be expected to contribute to after-school meetings that will support all stakeholders in improving attendance.

An application form is available on our website or contact:

Judith Pruce, PA to the Principal
Tel: 01353 652802 Fax: 01353 669548
Email: judith.pruce@elycollege.co.uk

Website: www.elycollege.co.uk

Closing date: 30th September 2009

CVs are not accepted

We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. The successful candidate will be required to undertake a CRB Check.

www.jobsnow.co.uk

Christmas Matings & Clements Practice MEDICAL SECRETARY

We are a proactive, very busy Practice which operates over two sites in Haverhill, having over 17500 patients and 11 doctors.

We require a confident, experienced, secretary to join our existing efficient secretarial team of four. The successful candidate must have a solid secretarial background, be able to liaise with professionals and patients, work effectively under pressure using their own initiative, and also be flexible. Medical terminology would be an advantage.

Salary is dependent upon qualifications and experience.

The post is 15 hours per week working over four days as follows:

Monday 2pm - 6pm
Tuesday 2pm - 5.30pm
Thursday 2pm - 6.00pm
Friday 2pm - 5.30pm

Telephone: 0844 477 3701 for an application form and job description.

Closing date: 25th September 2009

BECOME A DRIVING INSTRUCTOR

- NO PREVIOUS EXPERIENCE REQUIRED
- FLEXIBLE WORKING HOURS
- FULLY MAINTAINED CAR
- EARN UP TO £600 PER WEEK!
- UNRIVALLED TRAINING LOCAL TO YOU

FOR MORE INFORMATION FREEPHONE
0800 840 4247
www.go-red.co.uk

3 1/2 year UK/EEA driving licence required. Course fees apply. 6+ points may prohibit application. Ref 139

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Jobsnow www.jobsnow.co.uk
HUNDREDS OF NEW VACANCIES EVERY WEEK

Veterinary Nurse

Caring, conscientious nurse required by busy, family run practice. Be part of a highly dedicated team providing a special personal service to fantastic clients.

Please apply with CV to
Val Urwin, Belgrave House
Veterinary Surgery, 139 High Street, Linton,
Cambridge CB21 4JT. Tel: 01223 893720

Hawkins & Associates Ltd

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It's crucial to keep your staff motivated

THE recession is leading to a de-skilling of the UK workforce, with many people worried they have lost up to two years of their career development, according to a new report.

A study by international development charity VSO of more than 1,000 adults showed half were affected by pay cuts, slashed training budgets and stalled promotions.

One in six of those surveyed said they believed they had lost between one and two years' development time

because of the recession and many said they were "stagnating" professionally.

Almost two out of five workers were questioning their vocation as a result of the recession, said VSO.

Judith Brodie, VSO's UK director urged public and private sector employers to consider offering staff sabbaticals.

"Maintaining a skilled and motivated workforce is tough during the recession. However, companies must not neglect staff development.

"Investing in a good workforce is central to surviving the recession and will accelerate recovery post-recession.

"Employers must think strategically and look to companies such as VSO for creative, cost-effective development opportunities. Not only will placements challenge, motivate and reinvigorate, their skills can make a dent on global poverty and even save lives."

The research was published as VSO launched its autumn recruitment drive, with the

charity needing to sign up 330 volunteers with health, education, business, communications and advocacy backgrounds.

Inquiries to VSO have doubled in the last six months, although this hasn't resulted in an increase in applications, especially from the health and education sectors.

VSO projects run from two-week secondments to two-year placements and include a range of skilled roles including nurses and primary teachers.

Visit www.vso.org.uk.



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Information provided on these pages is intended for general information purposes only and does not constitute legal or other professional advice.

Your CV

When you send your CV off to a potential employer, remember that you won't be the only one. Hundreds of other people could be applying for the job as well.

So what are you going to do to make you stand out from the crowd? Why should an employer take a chance on you instead of someone else?

Your CV is your first real chance to sell yourself to a potential employer. Most employers will scan through a CV in about 30 seconds so you need to grab their attention from the start - and make them want to invite you for an interview.

There are five main areas to consider when writing your CV:

- Make sure your CV looks the part. Your CV should look clean and tidy - don't scrawl it out on a piece of A4 paper. If you haven't got access to a PC or printer, ask a friend or use your local library. Use a good quality paper and steer clear of fancy borders and front covers.
- Watch out for silly spelling and grammar mistakes. They make you look lazy and show employers that you don't really care. It's not difficult to do a spell check on your PC and if you're really stuck then don't just guess, reach for a dictionary. Get a friend to read through your CV for you - a second opinion is always useful.
- Make sure your CV is well organised. When you list your previous jobs, make sure the dates are correct and try not to leave any gaps. If you took time out to go travelling then say so - employers won't mark you down just because you've tried something new.
- Don't waffle. Remember that employers don't have time to read every word of your CV. Long paragraphs and sentences put people off, so try bullet-points to break up text. Make sure your CV is no longer than two pages long - employers don't want your life history, they just want to see that you've got what it takes to do the job.
- Don't list any failures. Employers have enough trouble finding someone who is right for the job - they don't need help finding reasons not to employ you. If you have to include a mistake from your past, make sure you show the employer that you learnt something from the experience.

Keep it simple

Personal details

Start off with your full name, address, date of birth, home and mobile phone numbers, email address and nationality. If you are offered an interview, the employer will want to get hold of you so give him as many options as possible.



Summary/professional profile

This is the No1 area for selling yourself. Set out your main skills and personal qualities but keep it interesting and tight - one paragraph should do to cover everything.

Education and qualifications

List your qualifications and education history, with the most recent first. You don't need to list the grades for each exam you have passed unless they were exceptional results - simply listing the number and type of exams you've passed is fine. Also, list any relevant professional organisations you belong to and training courses you have been on.

Work experience

Start with your most recent position and work backwards, giving addresses along with start and finish dates. Set out your main responsibilities, duties and most importantly achievements, along with any skills you picked up or improvements you made while you were there. This is a really important section in your CV so make it count - but don't waffle.

If you have not had a full-time job before, detail any part-time jobs you may have held or any placement you have been on.

Other skills

Set out any computer skills you may have and the software you are most familiar with. Can you type, do shorthand or speak a foreign language fluently? If you have a driving licence, let the employer know. If it's clean, tell them.

Interests & hobbies

Briefly list what you get up to in your spare time. Put down any positions you hold in clubs or associations, along with any responsibilities and achievements.

References

Make sure you have at least two people (including one from your previous or current job) who will tell an employer what a thoroughly nice person you are and what a potential asset to the company you would be.

If you want to list them now make sure you include their name, job title, postal & e-mail address and contact phone numbers. Alternatively, just put "Available on request" so the employer knows to follow up references at a later date.

Add a covering letter

The main aim of a covering letter is to encourage an employer to give you a chance. You want them to read your CV, so sell it to them. You should always enclose a covering letter when applying for a job - most employers won't consider you unless you do.

A covering letter should let the employer know why you are interested in the job and why you think you can do it.

The hints and tips below should point you in the right direction:

- Keep it simple. A covering letter should be short and to the point - no more than six paragraphs.
- Mention the job. If you are replying to an advert, mention what the job is and where you saw it. The company may be advertising for other positions and it may not be clear which job you are applying for.
- Sell yourself. Explain why you are the perfect candidate for the job. Show off your strengths and experience. Refer to your CV - if it goes missing then at least an employer will know that you've sent it.
- Check it for mistakes. A silly spelling mistake in a covering letter is likely to cost you your chance of getting an interview. Also, make sure it is addressed to the right person in the right department.

A covering letter can be just as important as a CV in getting you an interview. It's your first point of contact with your potential employer - so make it count.

>> Racing

Vermeille fury as Dar Re Mi is bounced out

CONNECTIONS of Dar Re Mi were left fuming after a controversial, and inconclusive, afternoon of trials for the Qatar Prix de l'Arc de Triomphe at Longchamp.

John Gosden's Yorkshire Oaks heroine won the Group One Prix Vermeille but was demoted to fifth after bumping Soberania when coming with her challenge.

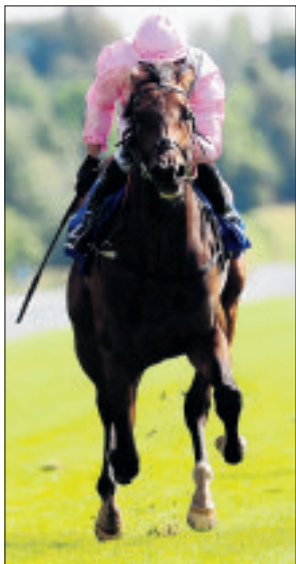
The connections were initially elated after the 11-4 chance denied French superstar and 4-5 favourite Stacelita by a short neck, but the stewards were not impressed by a slight bump caused to the original fifth Soberania.

Dar Re Mi was dropped to fifth, while the second, third, fourth and fifth-placed horses were promoted by one position.

Owner Lady Lloyd-Webber, who is likely to instigate an appeal, said: "The best filly had won the race and hadn't hampered the first four.

"It's a shame for her record as a broodmare, and a great tragedy that she's not won the Prix Vermeille like her mother (Darara) did. We bring our horses here in good faith and love French racing – all we want is fairness."

Jockey Jimmy Fortune said: "I was going to go outside for a run, but when I saw that the pacemaker would have to move off the rails to



Dar Re Mi: Dropped to fifth after finishing first in Prix de Vermeille.

let Stacelita through, I decided to stick to the inner."

He was suspended for two days for his part in the interference.

Racing manager Simon Marsh said: "She will probably come back to the Arc as that is the logical next step."

Totesport introduced Dar Re Mi into the Arc market at 10-1, while now unbeaten Stacelita, whose owner Martin Schwarz was booed and heckled when he collected the winner's trophy, will be supplemented to the Arc.

Frankie Dettori is likely to team up with Andre Fabre's Cavalryman in the Arc after the Grand Prix de Paris winner warmed up for the race by landing odds of 4-7 in the Qatar Prix Niel. Seven of the last 13 Arcs winners have been prepped in the Niel, and the Italian believes the three-year-old will improve on his half-length success over Behestam.

Last year's Niel victor and 2008 Arc fifth Vision D'Etat is out to 12-1 (from 8s) for the Arc after finding Sir Michael Stoute's Spanish Moon (9-4) three-quarters of a length too strong in the Qatar Prix Foy.

Stoute said: "Fortunately we're welcomed here in France as he's not allowed to run in England (due to a stalls ban), which is ridiculous.

"It's not as if he's dangerous or anything and it's a pity a good horse like him is disqualified from running."

NEWMARKET trainer Simon Callaghan is set to close down his British operation and relocate to the United States by the end of the year.

The 26-year-old, who only took over the reins from his father Neville at Rathmoy Stables in February last year, previously spent time working for top US trainer Todd Pletcher at his base in Kentucky.

Callaghan will be based in Santa Anita, California and hopes existing owners, including Michael Tabor, Ben Sangster, Saleh Al Homaizi and Imad Al Sagar, will support his new set-up.

"The aim being is to start having runners early in 2010," Callaghan said. "I will be based at the track and will be looking to begin with a string of between 15 and 20 and build from there."

■ Silver Grecian is to get his chance of Group One glory in next month's Darley Dewhurst Stakes at Newmarket following his fine effort at Doncaster.

John Ryan's stable star emerged as arguably the best horse in the Champagne Stakes, giving 3lb to both Poet's Voice and Viscount Nelson but was only beaten three-quarters of a length and a head in third place.

"It was a superb run," said Ryan. "He had it all to do giving 3lb and coming back off a long break as well. We were taking on horses that were race fit and I thought he stood up to it well.

"He's a horse that is maturing more than actually growing which is good. He'll definitely get the mile and the big picture is the Guineas next year. The dream is still alive."

■ Poet's Voice and Al Zir will be campaigned at the highest level after Godolphin's juvenile stars struck at Doncaster's St Leger Festival.

The Darley Dewhurst Stakes at Newmarket on October 17 looks the likely target for Poet's Voice following his smooth triumph in the Champagne Stakes at Town Moor. Al Zir is also a possible for that Group One event over seven furlongs, but instead he

Callaghan in switch to Santa Anita

could return to Town Moor for the Racing Post Trophy over a mile on October 24. Trainer Saeed bin Suroor reported Mastery and Kite Wood to be none the worse for their exertions after they give Godolphin a one-two in the Ladbrokes St Leger.

"It was great to see our horses come first and second in a Classic race. They are good, no problems," he said.

"We don't know what we will do with them – there is no final plan for them yet."

■ Aqlaam will attempt to add the Queen Elizabeth II Stakes at Ascot on September 26 to his recent victory in the Prix Moulin. The four-year-old colt put his injury problems firmly behind him with victory in the Longchamp Group One a week ago.

"He's a good horse, but he's not been a sound horse," said trainer William Haggas. "He's had two major injuries and before Ascot this year, if we thought he didn't show something in the Queen Anne, we'd retire him. He's done fantastically well.

"That (the QEII) is the plan at the moment, but quite what happens after that will be up to (owner) Sheikh Hamdan.

"Aqlaam's owner would have to stump up 160,000 to run in the Breeders' Cup. I'm not sure that's a huge issue, but it seems a hell of a lot of money to attract the best horses in the world."

■ Racing returns to Newmarket's Rowley Mile tomorrow (Friday) for the two-day September meeting. First race tomorrow is 2pm with Saturday's programme due to start at 2.10pm.

>> Speedway

Birkinshaw's stars in Tigers revenge push

Buxton 43 Mildenhall 47

National Trophy

MILDENHALL avenged their defeat at home the previous week, roaring to an impressive win at the Derbyshire track. And they did it without Ollie Rayson, who did not make the trip because he was ill. However, the Fen Tigers set about the Hitmen from the start to inflict only their second home defeat of the season. Skipper Barrie Evans stormed to victory in the first race and with Aussie Taylor Poole winning the reserves' heat in the next race, the Tigers had set out their stall. But it was nip and tuck all the way through the meeting, and the Fen Tigers went in to the final heat with a slender two-point advantage.

It was left to the ever-impressive James Birkinshaw and Evans to seal the win with another heat advantage.

Team boss John Adams said: "This was a very satisfying result for us as Buxton are a very good team and have been flying of late. So we just had to get stuck in and see what happened.

"I am especially pleased for our fans, who made the long trip up there to see us, which was very much appreciated by myself and all of the team."

Tigers' next home meeting is on Sunday (6pm) against Weymouth in the National Trophy, where the Fen Tigers will be looking to emulate their impressive home victory of last month against the Wildcats. Buxton – Cook 12 (5 rides), Isherwood 6 +2 (5), Mudgway 13 (6), Taylor 7 (4), Hodgson 2 +1 (3), Dallaway 3 +1 (7). Mildenhall – Evans 11 (5), Priest 7 +1 (5), Jacobs 3 +1 (5), Birkinshaw 14 (5), Laurence 0 (3), Poole 12 +1 (7).

>> Cricket

Readman haul can't stop slide

BEN Readman's five-wicket haul for Exning II may have been in vain as their attempt to avoid relegation from Division Three appears to have failed.

The bowler claimed figures of 5 for 69 as his side restricted St Margarets to 238 for 7, before Dave Monk's 93 steered them to 239 for 6 in reply.

Exning's second-string ended the season third from bottom in the table and look set to go down to the fourth tier, as Suffolk Premier League champions Yoxford have applied to be promoted to Division Three.

There was better news for Exning's first team, who triumphed at Abberton by 64 runs to secure runners-up spot in Division One thanks to Craig Estlea's fine display.

He made 41 and was backed by Tim Catley (48), Richard Ford (39) and Kent Tomsett (34) as

the visitors got to 253 for 9.

Estlea then produced some magical bowling and snapped up 6 for 32 to leave Abberton reeling and dismissed for 189.

Mildenhall recorded an emphatic 10-wicket win against Woodbridge & Old Woodbridgians. Karl Holmes' men bundled out their opponents for 98 thanks to a good all-round bowling display, before Alex Reynolds (52 not out) and Richard Cross (42 not out) guided them to 99 without loss.

Andy Leech blasted an undefeated 114 to give Lakenheath a final-day 10-wicket romp over Kelvedon & Feering in Division Three.

The batsman's brilliant knock was added to by Shaun Palmer (32 not out) as Paul Pallant's troops cantered to 153 for 0. Palmer took 3 for 32 in Kelvedon's 150 all out.

>> Athletics

Rivals don't mind the Gapp

JO Gapp was the best woman overall as Newmarket Joggers wound up the 5K series with their men's team second behind Cambridge & Coleridge and the ladies third. Stuart Janes was named the Joggers' top performer for his commitment and improvement with Elle Walton earning the equivalent women's honour.

■ The Joggers were out in force for the Grunty Fen half-marathon, a race where athletes have the chance to set

a personal best or are forced to slog their way round if the wind is in the wrong direction. The latter was the case on Sunday, but the Joggers' contingent all managed to complete the two-lap course. Brian Munns was the first home in 46th place in 1hr 27min, followed by Ursula White (1:39), Alan Shand (1:40), Jim Withers (1:43), John Vale (1:56), and Sandie Jardine completed her fourth half-marathon in a month in two hours.

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Burwell on the up

BURWELL will take their place in the East Anglian Premier League next season after landing the Tucker Gardner Cambs and Hunts League, Division One title.

The champions are keen to push on, and skipper Mark Bissett said: "The players were very keen to go up and the committee have backed us with their decision."

"We've never played at that level before, and we're nervously excited about it. We'll give it our best shot and will look to strengthen the squad for next year."

Former Test players Grant Flower and Adam Huckle will once again be available next season, with Bissett looking to establish a core of 15 players capable of competing in the Premier League.

"The players have been great," he said. "It's been a real team effort. We had a bad start but everyone knuckled down and the eighth-belief of the players saw us through." Bissett said Burwell would be upgrading their facilities over the winter to bring

>> Cricket

them in line with the rest of the Premier League.

However, their successful campaign ended in a bit of an anti-climax on Saturday with a 22-run defeat by Godmanchester Town II by 22 runs. Simon Cafferkey scored an unbeaten 151 as Town posted 277 for 9, James Craig taking 5 for 48.

Openers Henry James (72) and Paul Summerskill (89) did their best in reply but Jonathan Carpenter took 5 for 64 as Burwell were bowled out for 255.

Town's win was bittersweet, though, as the second team have been demoted to Division Two following the first team's relegation from the Premier League.

Burwell's place in Division One will be filled by Fordham, who are promoted behind Abington. Their season also ended in defeat, failing by eight runs to beat NCI's 169.

■ More cricket – page 51

Franks a lot for that return . . .



SCRUM-half John Frank marked his competitive return to Newmarket with two tries as they started the Eastern Counties League, Division One season with a 39-22 victory over Crusaders.

The No 9 is back at the club after playing at Shelford last year, and he grabbed two first-half touchdowns, while skipper Michael Reeves kicked one conversion and a penalty to make it 15-3 at the break.

After half time Reeves, second row Matt Kent and prop Lewis Smith (above) added to the try

>> Rugby Union

count and the captain added the other nine points with his boot, to finish the match with 19.

"It could have been better as we conceded 14 points in a four-minute spell towards the end of the half," said Reeves.

"Our fitness is not where it was last year, but we scored 39 points against the team that came down last season."

"We started last year with a loss, so it's nice to start with a win this year."

>> BOXING: McALEESE MAKES IT EIGHT ON THE TROT TO SET UP TATTERSALLS SHOW

Pat ready for home comforts

PAT McAleese takes a 100 per cent record into his homecoming bout in Newmarket after beating Geraint Harvey 59-56 on points on Sunday.

The unbeaten light-middleweight will headline a show at Tattersalls on November 7 and made certain of a massive turnout by claiming the eighth scalp of his professional career at London's York Hall.

The only downside of the victory was a perforated eardrum suffered in the opening round, when his experienced Welsh opponent caught him cold with a flurry of clubbing blows.

Harvey had knocked out his previous opponent and it briefly appeared as if McAleese could go the same way.

But he kept out of trouble for the rest of the round and after words from his corner, he quickly took control of the contest, catching the gangly Harvey with some fierce combinations.

McAleese looked close to ending it late in the fourth round when a series of snappy jabs had the Mountain Ash boxer reeling, only for the bell to save him.

The fight continued to be one-way traffic, with McAleese picking off Harvey at will before rounding off with a flourish in the sixth and final session, a late body shot almost

cutting his opponent in half. McAleese said: "This is still part of the learning curve for me, but I've come on a long way in a short space of time."

"I know I hurt him a few times, but he wasn't one of those journeymen who are there to survive, he was in there to win. I still felt fresh in the sixth round, so I was pleased in terms of fitness."

Meanwhile, Matt Jack was held to a 38-38 draw in his clash with Adam Wilcox on the same bill.

The Newmarket super-middleweight at least avoided a second successive defeat after losing on his debut at the same venue in March. Wilcox proved to be a spoiler with his use of the head and wild punching, but after an even first round, Jack allowed himself to be caught too often by the Welshman in the following two sessions.

He finally showed what he could do when he got his jab going by out-boxing and out-working the wilting Wilcox in the last round.

Jack, who will also be boxing at Tattersalls, said: "I'm a lot less disappointed than I was after my first fight, but I just didn't start right."

"If I'd boxed how I did in the fourth round I'd have beaten him, but I'll bounce back and get my first win at Newmarket."



Pat McAleese: Suffered a perforated eardrum but recovered to beat Geraint Harvey on points at York Hall on Sunday.

>> Football

Bugg woe as Jockeys fall

Debenham 1
Newmarket Tn 0

Ridgeons League, Premier Division
STEVE Bugg's late penalty miss cost Newmarket the chance of a point at Debenham.

The hosts netted the only goal inside the first minute, with the Jockeys quickly taking command after that, but without making the most of their opportunities.

Bugg saw a close-range free kick – awarded after the home keeper had picked up a backpass – cannon back off the bar in the second half.

And he fluffed the opportunity to ensure a draw from the spot in injury time, after Colin Vowden was fouled by a defender, by firing wide with his penalty.

Chairman Kevin Grainger said: "It's a shame, because we played really well without the final punch being there. We probably had 75 per cent of the play and they had two shots all game."

Things did not get any better for the Jockeys on Tuesday when they crashed 3-1 at home to CRC.

They were 3-0 down at half time and did not get their consolation goal until five minutes from time when Richard Gammon scored after a corner.

Newmarket switch their attention to the FA Vase on Saturday when they take on St Neots at home in the second qualifying round.

Sands' time

Mildenhall 4 Long Buckby 3 (aet)
FA Cup, first qualifying round replay
JOHN Sands' extra-time goal ensured Mildenhall booked a second qualifying-round match against Ilkeston Town.

David Cooper put Hall in front from the penalty spot after Chris Barrett was brought down just two minutes into the replay.

Sands doubled their lead on the half hour with a far-post header. The visitors reduced the deficit 10 minutes into the second half, but just a minute later Barrett restored Town's two-goal cushion. Long Buckby pulled one back in the 65th minute and after lots of pressure grabbed the equaliser four minutes from time.

Sands, who put Mildenhall ahead in Saturday's 1-1 draw, put the hosts back in front five minutes into extra-time.

Mildenhall return to the Ridgeons League, Premier Division on Saturday when they travel to Needham Market.

ISSN 1477-3017



Newmarket

WEEKLY NEWS

Thursday, September 17, 2009

45p where purchased

Stunning new show homes launching at Martingales in Red Lodge this weekend



Two stylish new showhomes and a striking glass-fronted marketing suite are launching at Martingales, part of the thriving new community at Kings Warren in Red Lodge, this weekend, Saturday 19th September. Between 12 pm and 4 pm, prospective purchasers will have the chance to enjoy a sizzling family BBQ while looking around the two stunning new show homes designed by Suna Interiors – **The Lambourne** and **The Hanbury**.

The Lambourne is a three-storey, three-bedroom townhouse featuring an open-plan kitchen/dining room and separate sitting room while **The Hanbury** is a three-bedroom home with two fantastic living areas on both the ground and first floors, making it ideal for a family with teenage children.

Space to live.

David Wilson Homes



Martingales is an exciting development by David Wilson Eastern which is growing all the time.

Proposed new facilities for the new community at Kings Warren include shops, play areas, a doctors' surgery and new school, as well as sports and leisure facilities.

With the combination of a lovely rural setting close to the Suffolk and Cambridgeshire border, and the famous racing town of Newmarket just seven miles away, it offers the perfect combination of town and country living.

Travel and communication links are also very good. The beautiful city of Cambridge is an easy half hour drive away via the A14 offering a great selection of shops, cafés, bars and restaurants. For rail travel, Kennett station is just two miles from Martingales

or for flying abroad, Stansted Airport is within 30 miles.

Helping people to buy at Martingales is a new shared equity scheme called HomeBuy Direct. It is a fantastic new scheme supported by David Wilson Homes and the Government which enables buyers to move into a new home for just 70 per cent of the purchase price. (Read on to find out more)

Rebecca Littler, Sales Director of David Wilson Eastern, said: "Visitors to Martingales will not be disappointed. The development offers beautiful family homes in a picturesque setting, with great transport links. They also represent fantastic value for money.



I would encourage anyone who thinks they can't afford to buy their own home to come down to Martingales to speak to our sales team."

Prices start from just £186,995 for a three-bedroom home. For more information please call 01638 751221, open daily from 10 am to 6 pm or visit www.dwh.co.uk



What is HomeBuy Direct?

A new government-led equity share scheme that allows purchasers to move to a new home paying just 70% of the price now

How does it work?

- Home buyers receive a 30% equity share loan
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- 15% is funded by David Wilson Homes
- The buyer finances the remaining 70%

Who can apply?

- First time buyers
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Where is it available?

Selected three and four bedroom houses at **Martingales, Red Lodge.**

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"When we first visited Martingales we knew it was perfect for us. It is such an attractive, peaceful development. We hoped we might be able to afford one of the three-bedroom homes available, so when we realised our budget could stretch to a four-bedroom semi-detached house we were thrilled!"



Yiannis Papanikolaou, 26, purchased a four-bedroom home at Martingales with his partner Marilena Leventi, 26. The couple bought using a David Wilson shared equity scheme which meant they could afford a stunning new home far beyond their expectations.

Great ways to help you buy...

Stephen and Patricia Casey, both 64, have succeeded in finding their ideal lifestyle in retirement. After living and working for almost 48 years in Watford, they decided they wanted to find a more peaceful area within easy reach of Stansted airport so that they could travel easily to their second home in Spain.



Stephen comments: "Our old house was valued at £225,000, which was less than we'd hoped, but

Many people trade down when their children leave home, but Stephen and Patricia decided that they would like more space.

The couple took advantage of David Wilson Homes' Part Exchange arrangement to sell their home quickly and easily. In a difficult property market, people often worry that if the price of their old home falls, they will not be able to afford to move up to a larger property. By taking a flexible view on pricing, David Wilson Homes solved this problem.

David Wilson Homes helped us by reducing the price of the new house which enabled us to buy. Using Part Exchange meant we didn't have to pay estate agent fees and all the carpets and flooring were included within the price, which saved even more."

"All the staff were very good to deal with and very swift to solve any little issues that arose. It was all far easier than we'd imagined," adds Patricia.

Moving made easy with Part Exchange

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